

REVITALISE DAYS

FREQUENTLY ASKED QUESTIONS

What happens on a Revitalise Day?

The day starts at 10am with home made juice and healthy snacks in the beautiful farmhouse kitchen. We move into the lounge once everyone has arrived and have a couple of hours made up of mindfulness teaching and sessions of meditation. Lunch is served at 12.30 and we enjoy a delicious feast. Everyone helps themselves to the dishes and there are always plenty of seconds. Wine or elderflower juice is available with the meal and tea and coffee are always on offer too. The afternoon session is in the lounge again and we always finish the day with an inspirational exercise so that you are ready to live more mindfully from the moment you leave.

Will I have to discuss personal issues?

I never ask anyone to disclose anything about themselves. The day is an opportunity to relax and revitalise and there is absolutely no expectation that you will have to reveal anything about yourself. You will never be put on the spot and I do everything I can to make sure you are comfortable in your surroundings.

What if I get emotional?

People do sometimes get emotional when they have the chance to sit and have quiet time for reflection. This is completely normal and we have an adjoining room where people can retreat to if they need some time and space to themselves.

What sort of food do you serve?

The menu for the day varies depending on the season because we use the finest fresh ingredients. You can be sure that there will be lots of fruit and vegetables, often potatoes, often rice, different types of bread, fish and lean meat. Always healthy and always delicious.

Can you cater for special Dietary needs?

Our specialist chef can cater for any dietary requirements. I am gluten free, wheat free, dairy free, fat free - and there is always plenty for me to eat!

Would It matter if I came alone?

Whether you come alone or with a friend you are sure to love the day. Once you settle into the sessions it really won't matter whether you have a friend with you or not.

Do I need any experience of meditation or mindfulness?

The days are suitable for everyone. Each revitalise day has a theme and so even if you have been before a new day will have new content. Whether you are an experienced meditator or whether you have never done it before you will get so much out of the day.

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Do I need any equipment?

I ask people to bring a blanket with them to have around their shoulders because our body temperature drops when we sit still. Please bring some slippers/slipper socks so your feet are cozy too. A note book is always handy as we do make some private notes during the day and it can be really useful to look back on.

What position will we sit in?

We do all of the meditations sitting upright on chairs. We have a number of different types because comfort is a priority!

Is the farmhouse accessible?

We can accommodate almost all needs in terms of access but it would be great to know in advance if there is anything I can do to make the day run more smoothly for you.

How much is a Revitalise Day?

£120 - this covers all food and drink in addition to the mindfulness coaching.

If I want additional mindfulness coaching in addition to the retreat day is this available?

Yes, I offer private sessions that can be at your house or mine. I charge £30 an hour for this when the sessions are one on one. If friends want to join you then it would cost £20 each per hour.

If you have any more questions please get in touch.