











11-16 October 2022, Mousehole Cornwall

### Your Retreat

Join me on a 5 night/4 day meditation retreat from 11-16 October 2022 in an incredible Cornish seaside villa in Mousehole complete with panoramic sea views to inspire and revitalise.

Using the surrounding Atlantic Ocean as our inspiration and source, deep dive in your meditation practice to unwind, revitalise your energetic system, push through blocks, tap into unlimited creativity and unlock your inner Ocean Goddess.

#### YOUR RETREAT INCLUDES:

daily guided deep dive meditations;

breathwork;

Ocean Goddess workshops;

journalling;

Conscious Reading breakthrough sessions to find creative solutions to your life blocks; sea swimming in stunning natural locations;

meditative nature immersion along the beautiful South West Coastal path; 5 nights accommodation in a seaside villa complete with mesmerizing panoramic sea views;  $5 \times 6$  delicious home-made plant based breakfasts & dinners;

2 x lunches;

travel to excursions

#### **NOT INCLUDED:**

travel to and from Mousehole (postcode TR19 6SW);

2 lunches - to give you some free time to explore the surroundings;

additional drinks when out



Mount's Bay and St Michael's Mount

### Your Accommodation

A stunning, light and airy Cornish villa in the picturesque fishing village of Mousehole with panoramic sea views of Mount's Bay and St Michael's Mount will be our haven for the retreat.

For more information and images, visit <a href="https://www.vrbo.com/en-gb/p6790335">https://www.vrbo.com/en-gb/p6790335</a>





### Your Investment

To book a discovery call to find out more or to book your space, email becca@cloudsevenmeditation.com

### Early Bird Offer - Book by 10 September:

Amphitrite Double with sea views: £795pp (sharing with one other) or £1,345pp as single occupancy

Thalassa Twin Room with sea views: £795pp (sharing with one other) or £1,345pp as single occupancy

Danu Bunk Room: £695pp (sharing with one other)

#### Price from 11 September:

Amphitrite Double with sea views: £845pp (sharing with one other) or £1,395pp as single occupancy

Thalassa Twin Room with sea views: £845pp (sharing with one other) or £1,395pp as single occupancy

Danu Bunk Room: £745pp (sharing with one other)

(Minimum 3, maximum 6 ladies. 50% deposit payable on booking. The balance payable 6 weeks before the retreat.)

Contact:
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