



## Contemplative Cycling Retreat – What you need to know

### Retreat Details:

- Venue: [Heathside Lodges](#)
- Dates: 16-19 May 2025
- Cost: £525 (with early bird discount) or £565 after 31<sup>st</sup> March 2025
- Deposit of £125.00 to secure a place Balance to be received no later than 16<sup>th</sup> April 2025 – please see our contract for full details

### There will be:

- A **maximum** of 8 participants and 2 facilitators
- Ground rules and riding safety awareness will be established
- A maximum 4 hours a day actual cycling – at around 10mph. Cycling 25-30 miles a day on Saturday and Sunday with facilitators: Short rides on Friday and Monday optional, with facilitators
- Group meditation of 20 minutes, or silence twice a day
- Reflective contemplation activities, lectio terra,' placefulness'; forest bathing
- Group processing and discussion on observations and learning
- Pre-retreat coaching questions to help focus participants' desired result
- Wet day activities would include (extreme weather only!): Qigong, body weight strength training, stretching and opportunity for deep, contemplation and reflection
- Post-retreat follow-up focus reflection questions
- The option of further one-to-one coaching around purpose and or fitness – post retreat

### Practicalities

- Accommodation (included in the retreat fee) will be glamping pods\* (Camping/campervans could be a negotiated option)
- There is a kettle and a fridge in each glamping pod and a grocery shop on site
- You will need to bring with you (see **kit list** for more extensive suggestions)
  - Crockery
  - Cutlery
  - Bedding
  - Towel/s
- Meals are **not** included in the retreat fee. - **Except for**
  - **a welcome lunch in Chediston on Friday 16<sup>th</sup> May at 13:00** - If you choose not to take the lunch and go directly to the accommodation **check-in** is from **15:00**.
  - **an evening meal in Chediston on Sunday 18<sup>th</sup> May at 19:00**
- All other meals will be taken together locally
- We suggest you bring breakfast and your own refreshments



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- We have reserved our own room in a local, reasonably priced pub to eat together in the evening on Friday and Saturday
- **Check out** of the site is at **10:30** on Monday 19<sup>th</sup> May 2025, after morning meditation/silence closing circle and breakfast. We can then cycle or drive to Halesworth, for lunch together for those who would like to join us.

\*This includes 2 people sharing, per ensuite glamping pod (double and bunk beds, toilet and shower).

### You will need

- A recently serviced, road worthy bike
- Cycling helmet (essential)
- Bike Lock (recommended)
- Spare inner tube/ puncture kit (support will be provided if any punctures occur)
- Comfortable/appropriate clothing
- Panniers/rack bag
- Insurance (advisable)
- See **Kit List** for comprehensive suggestions