



*Elemental Harmony Retreat
A Spiritual Pilgrimage for Healing and Transformation*

Thursday, February 20th, and concludes on Sunday, February 23rd, 2025



A unique and special retreat for those who wish to develop their own spiritual journey immersed in the sacred, healing and peaceful place that is

Chalice Well, Glastonbury

Embark on a transformative journey of self-discovery and spiritual renewal with YVUK

Elemental Harmony Retreat: A Spiritual Pilgrimage for Healing and Transformation.

Set against the backdrop of the serene and enchanting Chalice Well Gardens, a place of sanctity, healing and peace. This three-night retreat invites you to explore the profound interconnectedness of the five elements and their resonance with the landscape, history, and spirituality of this sacred place.



Nestled within the cosy and inviting St Michael's Little Retreat House, our intimate gathering of just 10 participants ensures a deeply personal and immersive experience. Throughout your stay, you'll be guided through a series of rituals, readings, nature ceremonies, presentations, meditations, and walks, each intricately linked to the elements and designed to facilitate your spiritual development and growth.



Experience the power of silence as you embark on periods of contemplation and reflection, allowing you to connect more deeply with yourself and the natural world around you. With 24-hour access to the breathtaking Chalice Well Gardens, you'll have ample opportunity to engage in spiritually enriching activities and guided walks.



Each part of the retreat will focus on a different element, including Fire, Water, Earth, Air, and Spirit/Ether, guiding you through a journey of exploration, healing, and transformation.



From silent meditations in the tranquil upper room to torchlight evening rituals in the garden, every moment is thoughtfully curated to facilitate deep connection and profound insight.



Join me as we delve into the physical wonder of the elements and rediscover the magic that awaits when we pause, listen, and embrace the interconnectedness of all things.

There will also be an opportunity to practice a period of silence for part of the duration.
We will have 24hr access into the Sacred Gardens.

Lets explore the physical wonder that is waiting for you when you stop and listen, together!

Suggested Timetable

Arrival Day 1

Arrival 3pm onwards

4pm Opening Ceremony & Welcome

Sacred Space Ceremony & Rituals - Activity Hall (Onsite)

5:30 pm Access to Garden: Nature ritual

6:30 pm Shared meal (offerings)

7:30 pm Guided Meditation (In the onsite, 16th Century beamed upper room of the retreat centre)

Silent evening

Day 2 Silent until after breakfast

7am Silent Meditation (upper room)

8am Buffet Breakfast (provided)

9am Activity hall – break silence: Element focus *The Gift of Fire*

11am Optional Guided walk (Ley Lines/ Arthur trails -Walking in the path of our forefathers)*

1pm Group lunch (provided)

2pm Group discussion/ free time

3pm Activity room- Element focus *The gift of Water*

4pm Gentle Relaxation and yoga linked to elements Fire & Water .

5pm Discussion/ free time

5:30 pm Evening meal (own provision)

6:30 pm Torchlight Evening Ritual Fire & Water ceremony in garden

Silent Rest

Day 3 Silent until after breakfast

7am Silent Meditation (upper room)

8am Buffet Breakfast (provided)

9am Activity hall -Break silence Element focus *Gift of Earth*

11am Optional Guided walk (Ley Lines/ Arthur trails -Walking in the path of our forefathers)*

1pm Group lunch (provided)

2pm Group discussion/ free time

3pm Activity room Element focus *The gift of Air*

4pm Gentle Relaxation and yoga linked to elements Earth & Air.

5pm Discussion/ free time

5:30 pm Evening meal (own provision)

6:30 pm Torchlight Evening Ritual Earth & Air ceremony in garden

Silent Rest

Day 4 Silent until after breakfast

7am Silent Meditation (upper room)

8am Buffet Breakfast (provided)

(Vacate Rooms)

9:30 am Activity room Break silence Element focus *The gift of Spirit / Ether*

10:30am Gentle Relaxation and yoga linked to element Spirit / Ether

11:30 am Group meditation

Midday Closing ceremony

*Guided Walks will be weather dependent-Routes suggested.

- The attachment of the Grail – Bushy Combe
- Ebber Gorge
- Pennard Hill

Your journey begins on Thursday, February 20th, and concludes on Sunday, February 23rd, 2025.

Limited spaces available – reserve your place today and embark on a journey of spiritual renewal like no other.

Rooms		£ Per Person	
Elder-2 Single beds	2 occupancies	495	
Oak-2 single beds	2 occupancies	495	
Yew – 1 double + 1 single bed	2 occupancies (possibly 3)	495	
Willow –1 single bed	1 occupancy	695	
Rowan –1 Double bed	2 occupancy 1 occupancy	495 695	
Holy thorn – 3 single beds	3 occupancies	495	
Total maximum occupancy	11		





CHALICE WELL TRUST RETREAT HOUSE

Little St Michael's

Please Read Information Terms and Conditions Before Booking

Chalice Well hold all their spaces in a manner that preserves the special atmosphere of their sacred site, for the benefit of all visitors. Please take your time to familiarise yourself with this document. This will help us work together in holding the special energies of this unique and precious place. By making a booking, you are confirming your agreement to these Terms and Conditions.

Thank you.

General Information

One of the advantages of being on retreat and visiting a sacred sanctuary like the Chalice Well is the opportunity to step away from day-to-day routines and distractions. With this in mind, all guests and visitors are asked to switch-off all devices. If you need to make a phone call there is a land-line phone in the hallway of the retreat house. If you need to use your device, there are café's on the high street with WI-FI. Mobile phones , if not switched off, should be on flight mode at all times .

The retreat house is to be kept free from smoking, alcohol, and recreational drugs. The communal kitchen of the house is vegetarian – so no meat and fish please!

The retreat house and the Meeting Room are shoe free areas. To keep the house entrance/exits clear and tidy, please use the shoe racks. You may wish to bring slippers as some of the floors are uncarpeted.

Due to the nature of the retreat house as a place of quiet contemplation, Chalice Well keep the house as an adult only space. Therefore we (YVUK & Chalice Well Trust) are unable to accommodate children and young people aged 18 or younger on this retreat.

Check-in and Departure

YVUK , as the Group Organisor, will complete the check-in process for you all on arrival. Once this check-in is completed, you are free to arrive (after 3pm) Julia will be there to welcome you in person.

Your check-in time is between 3.00pm and 4.00pm. Arrival after 4pm may mean that you cannot gain access to the house until the following day. If you are delayed during travel, please contact reception. The reception number is 01458 831154

You will be directed to go straight to the retreat house when you arrive and not the office. The reception is very small and a large number of arrivals here doesn't make for an ideal start to a

retreat. In advance of your stay, you will be provided with documentation to support you in this, including parking arrangements.

The check-out times enable The Chalice team to clean and set up the house for the next guests. Please support this by ensuring you vacate your room by 10am and the house by 10:30am. We have the adjacent Meeting Room booked for the rest of the morning to ensure a peaceful conclusion to our retreat experience.

Parking

If you are registered disabled there is one of the limited parking spaces available for booking.

There is a local car park provided by Drapers nearby. Permits for this car park can be applied for use in one of the designated spaces on a first-come, first-served system.

Other group participants may also park at Drapers but may be required to pay parking fees to Drapers depending on how many spaces there are on the day. We will do our best to offer spaces to all of our guests and usually there are enough places for everyone. This said it would be ideal to arrange shared car transport.

Retreat House Amenities

We will provide tea, coffee, herb/fruit tea & dairy milk alternative and Fresh Fruit throughout your stay. The kitchen is fully equipped for self-catering. Breakfast is included and will be buffet / help yourself style. Lunch is also included and will be freshly prepared onsite. In line with the teachings, fasting overnight is recommended. However, should you require an additional meal this will need to be provided by yourselves.

Towels and bed linen are provided. The linen will not normally be changed during stays of less than 7 days. Fresh towels are provided after 3 days. There are additional towels available for use in the garden if you wish to bathe in King Arthurs Court.

There is a set of corner book shelves containing a selection of books on a wide variety of spiritual subjects for your group to enjoy. Please remember to return the books before you leave.

There are special tea-light holders for use in the Upper Room only. Please ensure no candles or incense are used in the house.

Use of the Retreat House

We (YVUK & Chalice Well Trust) want all our visitors to Chalice Well to enjoy their visit and not be disturbed. We are sure that you will understand that to this end, if we feel at any time that your behaviour is disturbing or disruptive, then you will be asked to cease, or may be asked to leave.

Use of Chalice Well Gardens

One of the benefits of staying at the retreat house is 24 hour access to the beautiful Chalice Well gardens. As with all of the spaces, the gardens are held in a way that respects the special energies and the needs of other visitors. With this in mind, we ask that during the opening hours, you do not conduct any individual ceremonies within the garden at any time.

The only candles allowed in the Garden are those placed on the purpose-built shelf in the Sanctuary area. Please do not leave candles or nightlights in any other areas of the Gardens including at the Well Head.

There is a large private garden directly behind the retreat house for us to also enjoy. There are tables and chairs for outdoor dining and we can also use this garden at any time.

The Upper Room – silent meditation space

Within the retreat house there is a beautiful meditation space called the Upper Room which we will use during our stay. The special energies in the Upper Room have been preserved and cultivated as a sacred container for silent meditation, contemplation and prayer. We appreciate your support in helping us hold the energies and we ask that you only use this space in this way.

You are welcome to light tea light candles in the holders provided in the Upper Room, but please keep candle use to this room only. It is also very important that you do not burn incense anywhere in the house – including the meditation space and Meeting Room as the smoke alarms are very sensitive. If you chose to light candles in the upper Room, please do not leave them unattended and use the snuffer provided to extinguish them. Once they are lit please take extra care and do not move them around.

For guests in Little St Michaels the Upper Room is generally available 24 hours per day – with a few exceptions that we would ask you to respect:

- ❖ Companions Meditation is held 5:30pm – 6pm every Thursday in the Upper Room. From around 5.15pm, there will be someone on the door to let the Companion guests in and to ensure minimum disruption to your retreat time.
- ❖ Daily – 1.00 pm and 4.00 pm in summer and 3.00 pm in winter. This is a one-hour slot for personal meditation in the Upper Room for Companions who are not staying in the house to book. Houseguests are asked to avoid using the Upper Room at these times. If you wish to check to see if a booking has been made, please contact the Office.

BOOKING TERMS AND CONDITIONS

- I. Once your booking has been accepted, we (YVUK & Chalice Well) require a deposit of 50% by May 20th 2024 and the remaining 50% shall be paid latest by November 20th 2024. 3 months prior to the date of arrival.
- II. All prices for accommodation are stated in pounds sterling and include V.A.T.
- III. Should payment not be received by the due dates, YVUK has the right to cancel your booking and any deposit paid will be forfeit.
- IV. Once your booking, whether verbally or in writing has been accepted, and you've paid your deposit, this will create a legally binding agreement between YVUK, Chalice Well and yourself.

CANCELLATION POLICY

Cancellation by Chalice Well Trust

1. The Chalice Well Trust reserves the right to cancel a booking forthwith and without liability on its part in the event of damage or destruction to the Retreat Houses by fire or other causes, any shortage of labour, or any other cause beyond the control of the Trust which shall prevent it from performing its obligations in connection with any booking. In such an event the Trust will refund any payments already made but will have no further liability to the Booking Group Leader or their guests.

Cancellation by the Customer

1. Deposits & payments once paid are non-refundable and non-transferable. We strongly advise that you take out appropriate insurance.
2. Cancellations made will not require any remaining payment instalment that would have been due to be paid. i.e.
 - a. if cancellation occurs before the 3-month 50% instalment, then the 50% deposit already paid will not be refunded but the 50% payment remaining will be cancelled
 - b. if cancellation occurs after 100% payment has been made, then no refund is due
3. Should the customer have paid a higher deposit in advance than the required minimum amounts, then the value in excess of this requirement will be refunded.
4. If during your stay, you are asked to leave the facilities due to inappropriate behaviour or misconduct of any sort by any member of your group, you will not be refunded.

By proceeding with your booking and payment of deposit, you are confirming that you agree to the above Terms and Conditions. Thank you.

Please email yogavedaukhub@gmail.com if you wish to be part of this special retreat.

Payment details will follow very shortly.