

The Abbey Sutton Courtenay

A Centre for Transformation



Our monthly Rest and Renewal Retreats provide a nurturing peaceful space for contemplation, relaxation, self-guided meditation and prayer

Retreatants may arrive from 10am on Tuesday morning, departing sometime after lunch on Thursday afternoon.

During your stay you are welcome to join the resident community for meals and silent meditation, however, much of the day will be yours to spend as best suits your particular retreat needs.

Freshly prepared vegetarian meals are provided for lunch and dinner, with a selection of breakfast foods laid out in the morning for self-service. Do be sure to notify us of any special diets prior to arrival.

We hold silence in the house on Wednesday afternoon from the midday meditation until after the evening meditation. This includes a silent lunchtime meal.

Part of The Abbey's way of encouraging a sense of connection and community is that we ask our guests to help with simple tasks such as clearing up after meals and leaving rooms ready for the next guest.

For more information or to make a booking contact Wendy.

Call: 01235 847401
(weekdays 9.30-2pm)

Email: admin@theabbey.uk.com

Should you wish to include some gentle gardening or other voluntary activity as part of your retreat time, we are happy to arrange that too.

Guests are free to explore The Abbey's kitchen garden and grounds, and subject to availability, may have the use of the wonderful spaces within the house such as the Meditation room, Library, Solar and Hearth.

Swedish massage, reflexology, or cranio-sacral therapy, are available on request at a special rate of £35 an hour. Appointments are usually an hour long, but can also be a half hour taster. Treatments take place on Tuesday afternoon and must be booked in advance.

Spiritual direction and conversation is also available on request.

“What a special place The Abbey is. Please pass on my thanks to the team for holding this much-needed safe space for us weary pilgrims. After only a couple of days I find myself missing the food, the stillness and the gentle community.” — Cathy, retreatant

The Abbey Sutton Courtenay
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www.theabbey.uk.com