

# Details for Rosemerryn Retreat

**5 to 9 November 2026**

Rosemerryn is a deeply special retreat centre, a short walk from Lamorna Cove and beautiful, rugged coastal paths. The centre is close to Penzance which is easily accessible by road and by rail. There is lots of information and lovely photos on the Rosemerryn website [www.rosemerrynwood.co.uk](http://www.rosemerrynwood.co.uk).

The accommodation is spacious, a former artist's residence. with a very cosy traditional kitchen, a large the living room with an open fire, a peaceful conservatory. The gardens are gorgeous and surrounded by 7 acres of magical woodland. There is a separate practice room just outside.

There is space for 9/10 in the house. Most of the rooms are for two people to share, there are just a few single rooms. If you have a van, there is also the option for you to make use of the campsite that is very close by.

The retreat will start on Thursday, you can arrive around 5pm... and finishes after breakfast on Monday. Daily rhythm is along the lines of 8.00am guided meditation followed by breakfast, 10am yoga/deep rest followed by lunch, rest or walking alone or with others or cooking soup, 4.30pm yoga/pranayama/deep rest followed by supper, 8.15pm meditation.

The house will be in a nurturing silence from evening meditation until the following lunchtime.

**Meals** Our first evening meal and all our lunches will be professionally cooked. All food will be vegetarian .. gluten free and vegan can be catered for. Breakfasts will be help yourself. To help a little with keeping the cost down, we will be cooking soups for 3 of the evening meals. I will provide recipes and ingredients for simple soups and asking for volunteers.

## **Cost of retreat including everything once you arrive**

£495 in a shared room (two people)

£555 in a shared room with ensuite bathroom

£605 for a single room

£645 for a single room with ensuite bathroom

£335 if you would like to come in your camper van and join for meals

(There is a campsite very close by that you could book into called Boleigh Farm. Phone no 07813 364741)

Retreats are such a precious opportunity to pause, rest, restore and reconnect. I do hope you can join us in this truly magical place.

To book please email [carolinelangyoga@yahoo.com](mailto:carolinelangyoga@yahoo.com). A deposit of £90 would secure your place and the balance is due one month before the start of the retreat.