



WITHAM FRIARY, FROME,
SOMERSET, BA11 5HL, UK

PRACTITIONER INFORMATION LIST

42 ACRES SPACE HIRE

COST

2018 Bookings

*Minimum stay is 2 nights

FULL HIRE Mon, Tues, Weds, Thurs

2 nights

£2,145+VAT total

3 nights

£2,875+VAT total

4 nights

£3,445+VAT total

FULL HIRE Fri, Sat, Sun

2 nights

£2,850+VAT total

3 nights

£3,395+VAT total

FULL HIRE Weeklong

6 nights

£5,850+VAT total

7 nights

£6,350+VAT total

Upon booking, 25% of the hire price is required to secure the booking immediately. The remaining 75% balance is due 10 weeks before your arrival date. A refundable damage deposit of £625 is also payable 10 weeks prior to the arrival date.

NB: If the start of the rental period is < 10 weeks of the date of booking, 100% of the booking price is due immediately.

HOUSE

42 ACRES can sleep up to 24 people (including practitioners) with the following room options:

1 Master Suite, Super King Ensuite (option of additional sofa bed)

1 King

2 Double Ensuite

2 Twin Ensuite (one of which has the option of sofa bed / living room)

3 Twin

1 Luxe dorm (3 x large single futons)

1 Practitioner's Quarters (The Rettig – 1 private double bed and option of 2 x double sofa beds)

* We have a total of 18 permanent beds in 11 rooms for guests.

* We also have 2 fold-up single beds, which can be placed in the larger rooms.

42 ACRES has two spaces for group work:

1 x large room inside the main house

1 x 32ft yurt

CHECK-IN/OUT

Check-in 4pm. Check-out 11am, except for Sunday check-out 4pm.

The house will be opened ready for your arrival at 4pm. One of our Host Chefs will be your host for the weekend and they will be there to welcome you. We respectfully request that you arrive as close to this time as possible.

We suggest that you take an hour to settle in, then at 5pm your host can give you a tour of the house and surrounding buildings, and answer any questions you may have.

If you invite your guests to arrive from 6pm, that would be ideal timing to help them then settle in before dinner. The Kitchen Manager will be in touch a couple of weeks prior to your retreat to confirm numbers and dietary requirements and will call you a few days before your retreat to run through any final details.

If you feel familiar with the space, having run a retreat here before, or having recently visited, there is the flexibility of allowing guests to arrive from 5pm. Please let the Kitchen Manager know when they get in touch if your guests are arriving earlier than 6pm, and if you do not require a tour.

CANCELLATION POLICY

For full terms and conditions please see '42 Acres Terms and Conditions'

Cancellations must be made in writing via email. The following charges will be incurred depending on timing:

> 15 weeks or more before arrival date:	25% of price of hire
10 – 15 weeks:	50% of price of hire
2 – 10 weeks:	75% of price of hire
< 2 weeks:	100% of price of hire

FOOD



Everything is hand-made from fresh ingredients in the relaxed, sunny atmosphere of the farm kitchen at 42. The Head Chef, Mark Mabon is a self-taught, 22-year explorer of world foods and health systems and draws on a deep practical knowledge of the cleansing properties of raw vegan foods, healing whole foods, and the nourishing properties of Weston Price / Paleo dieting. He's also been catering (and participating in) retreats for 17 years and understands the process and the central role that food can play within it. All of our chefs are trained in-house to embody the philosophy of 42 ACRES.

We pride ourselves on an integrated and uncompromising food policy: organic ingredients in almost every case; sourcing from world-class local small-scale artisan growers and producers including superb organic (and raw) goat, sheep and cow's dairy; organic sourdough bakers; 42 ACRES home-made sauerkrauts, ferments, pickles and kefirs; all oils are cold-pressed and organic; Celtic sea salt only; sugar-free kitchen.

Only organic eggs; fresh line-caught fish from the UK coast; only pasture-fed organic meat; wild venison, rabbit and other game from local estates and parks.

Your seasonal menu will be specifically tailored to the nature of your retreat and your guest's requirements.

Many of our fresh ingredients are grown onsite or foraged from the fields, hedges and woodlands. This help to deepen the connection between you and the land you inhabit.

Contact: Kitchen Manager, Maria: maria@42acres.com -

Outside caterers are not permitted at 42 Acres. The minimum catering charge is equivalent to 14 people (including practitioners).

Charges are per person per day starting at £50 + VAT, with vegetarian, vegan and omnivorous menus.

YURT



Our 32ft Yurt provides a powerful and intentional space for group work during retreats.

Seated in a circle there will be space for approx. 32 people. The yoga capacity depends on the configuration of mats. In a circle configuration, there is space for 20 mats with space in the centre for a teacher. Up to 25 mats can fit inside the space if the configuration is different. The maximum seated/standing capacity is approx. 50 people.

The yurt can be used during all seasons. It has 4 large radiators, heated from our biomass boiler, and a wood burning stove. We also provide: 25 yoga mats, 30 blankets and 30 meditation chairs.

OPTIONAL EXTRAS

OUTDOOR FIRE

Our outdoor fire is an optional addition to your retreat and costs £175 + VAT

The price reflects the time and labour spent in coppicing the wood required, transporting it to a storage site for seasoning, and then transporting it to the fire pit for construction. It also reflects the innate value of the wood itself. If outdoor fires are not used due to weather, you will be reimbursed.

Our fire pit has been lovingly created by Martin our Groundsman. It is an intentional space within the land for fire ceremonies. The bonfire is set up by him prior to each retreat and covered with a tarpaulin to keep dry if it is likely to rain. Ready-made torches are provided and all that is required to start the fire is for the group leader to light these and transfer them to the straw 'fuses' at each point of the fire. The fuses spread the fire to the core and enable the entire bonfire to burn effectively.

Fire has played a significant part in ceremonies and rituals since time immemorial. In addition to powerfully uniting a group, it is known to have a cleansing and purifying effect. Most retreats choose to use the fire to form a symbolic part of their retreat representing releasing the old, focusing on true desires, filling with fire power and setting new intentions for the future.



WEBSITE LISTING

To support your marketing activity, we can list your retreat on our website by request.

All retreats can be listed at <http://42acres.com/retreats/>. For the listing, please provide the name and a short description of your retreat, a link to your website, a head shot and bio of any practitioners facilitating and an image or piece of artwork that represents your retreat.

VICTORIA OGILVY PRODUCTS

We provide Victoria Ogilvy Sacred Art & Essence toiletries in all our bathrooms. These products are handmade in Somerset using pure essential oils, natural infusions and no synthetics.

OTHER

* Therapists are available on request.

* Laundry and cleaning are included in the price of the hire.

* 42 Acres provides towels, hairdryers, soap, shampoo & conditioner in all bedrooms & bathrooms. If you require a mid-retreat change of towels it will be charged at £3.50 per towel + VAT.

* The Group Room includes 25 meditation cushions, 1 white board, 16 yoga mats, 20 chairs, 16 chair cushions, 16 blankets, a projector and a sound system.