



*Time for you, time for quiet reflection
and time for wellbeing...*

Bulletin No.4 ~ Retreat Lodges
Welcome to Bosham Retreats

1 June 2016

Dear Friends

We thought you would appreciate a further update on the lodges with practical details about prices and how to book. But first we are delighted to report that despite the sound of drills, hammers and voices, two Great Spotted woodpeckers have flown in and created a nest right in the midst of it! The babies have been born and we can hear them chirping as we work. Seeing us creating some new 'nests', it looks like they have copied the idea!

Thank you so much for your positive feedback about the lodges and we very much look forward to welcoming you and your friends as guests. We hope that this will mean that many of you who live further afield will enjoy staying, perhaps whilst attending an event here, or simply to take advantage of the precious atmosphere and the beauties of the locality, including, of course, Chichester Harbour, designated as an area of outstanding natural beauty. It is also possible to contact therapists to arrange treatments or classes and we are including details below.

The lodges look thoroughly at home nestled in the woodland here and each is built to a very high spec. Shortly, a planting programme will start so that we can add to the beauty of the spot and increase the cover from the driveway.

The lodges are super inside too ~ each with a good size double bed (which can be unzipped to form two beds); a sofa bed, a bathroom with shower & bath. The kitchen/living room has an idyllic aspect looking directly on to the woodland. There are the usual facilities for those who wish to use them, ie wifi, tv, radio and microwave.

We are currently working on the lower carpark to accommodate cars for the lodges together with a pathway up through the woodland. Water and electricity will shortly be connected.

Booking a lodge

It is hoped that the lodges will be available for rental from Friday 10th June, but you are welcome to book now... You can do this by telephoning the office angels on **01243 572109**, email us or simply complete the contact form online: www.boshamretreats.co.uk We have set out below a note of the prices for 2016. We very much look forward to welcoming you.

There has been further discussion about naming the lodges and it has been decided that they will be named after trees in the woodland. We would like to thank you for sharing your ideas in this respect and this has generated some good discussion.

These lodges are for you! Do come and enjoy them and feel free to forward this bulletin to friends and family. If there is anything you would like to discuss, do telephone and our office angels will be pleased to help you.

Launch party ~ Bosham Retreat Lodges ~ 1 July, 12.30pm - 2.30pm ~ RSVP

We would like to thank you for your support, suggestions and generous donations. You are therefore cordially invited to a launch party to celebrate the opening of our lodges in the grounds of The Hamblin Centre on **Friday 1 July at 12.30pm**. There will be brief opening address, to include the naming of the lodges, followed by a finger buffet and refreshments. For reasons of catering, we would be grateful if you could let us know that you are coming.

You will of course be able to walk around the grounds and see the lodges but viewing inside the lodges will depend very much on the weather as we may need to keep them clean for visitors due to arrive during the afternoon. We will make every effort to make an internal viewing possible.

HAMBLIN LODGE ESCAPE PRICES FOR 2016

DATES	WEEK 7 nights	WEEKEND 3 nights	MIDWEEK 4 nights
January 2 - February 13	385	235	215
February 13 - February 20	525	345	375
February 20 - March 19	425	255	225
March 19 - March 26	595	385	425
Easter W/end (Fri -Mon)		505	
March 26 - April 2	715		
Easter mid-week (Mon-Fri)			485
April 2 - April 9	715	465	415
April 9 - April 16	595	385	345
April 16 - April 30	505	325	295
April 30 - May 7	535	365	405
May 7 - May 21	505	325	355
May 21 - May 28	595	265	235
May 28 - Jun 4	675	475	425
Jun 4 - June 18	595	385	425
Jun 18 - Jun 25*	745	510	475
June 25 - July 23	635	435	475
July 23 - July 30*	1,056	595	715
July 30 - August 6*	845	795	535
August 6 - August 27	845	595	535

August 27 - September 3	845	575	515
September 3 - September 10*	795	435	455
September 10 - September 24	505	325	295
September 24 - October 22	465	275	305
October 22 - October 29	595	415	375
October 29 - December 17	385	235	215
December 17 - December 24	715	505	555
December 24 - December 31	765	505	555

**Goodwood event*

Friday or Saturday start dates available - please check when booking

Week breaks:

Arrival times after 4.00 pm on the day of arrival

Departure times before 10.00 am on the day of departure

Short breaks bookable anytime:

Midweek: 4.00 pm Monday to 10.00 am Friday, or

Weekend: 4.00 pm Friday to 10.00 am Monday

Classes & treatments

Astrology talks in small groups	Once per month	Please call the office
Ayurvedic consultations or therapies	By apt only	Please call Sam or Holly 01243 670782
Beauty treatments	By apt only, a short bus ride away	Please call Karen 07855 484679
Buddhists Evening – all welcome	Every Thurs 7.30 – 9 pm	Please call 07974 429212
Inspirational Film Night	Once per month, Fri 7-9 pm	Please call the office
Inspirational Speakers	Twice each month Sat 2– 4 pm	Please call the office
Laughter Club	Once per month, Sat 10-12 pm	Please call the office
Meditation	Once per month on Wednesday 2-3	Please call the office
Mindfulness	Once per month on Wed 2-3.30 pm	Please call the office
New Vision Light Workers	1 st Sat of each month	Please call the office
Pilates	Every Mon, 2 classes 5.45– 8.15pm	Please call Claire 07791 340226
Pilates	Every Wed 9.30 – 10.30 am	Please call Debbie 07918 665000
Sound Bath	1 st Sunday of each month 10 – 1pm	Please call the office
Thai Massage	By apt only	Please call Jenny 07929 602258
Tai Chi	Every Wed 11.30 – 1 pm	Please call Derek 07751 664102
Yoga	Every Mon 10.30 – 11.45 am	Please call Venetia 07808 162804
Yoga	Every Tue 3.15 – 4.45 pm	Please call Carol 02392 429206
Yoga	Every Wed 6.30 – 8 pm	Please call Venetia 07808 162804
Yoga	Every Thurs 9 – 10.15 am	Please call Venetia 07808 162804

Yoga	Every Thurs 4.45 – 6.15 pm	Please call Kathryn 07780 810451
Yoga	Every Fri 10.45 – 12.15 pm	Please call Venetia 07808 162804

Note: Some of you may receive this email twice - we do apologise.