

## Frequently Asked Questions

### What will we do?

Each retreat is slightly different depending on who attends, their interests and the theme. The basic structure follows a similar pattern. **We arrive about 1030am** on the first day and get to know the woods through walking and sitting meditations. After lunch (bring your own!) everyone has a couple of hours to find, set up and create their own camp. We reconvene later that afternoon for nature meditation. After a delicious vegan dinner (prepared by us) we have more meditation practice followed by a campfire. Everyone leaves the campfire for bed in their own time, with their breakfast in hand.

The following morning, everyone structures their own time. Some do yoga or take walks, some journal, some meditate and some just sit, taking in the beauty and peace of the woods. At midday, the group reconvenes for a nature meditation, followed by another lovely vegan meal. For those staying on two or three night retreats, we continue with the same format providing more vegan meals, further group meditations and a campfire or evening activity. After lunch on the final day, we share our experiences before finishing at 3pm and packing up. **We usually leave at about 430pm.**

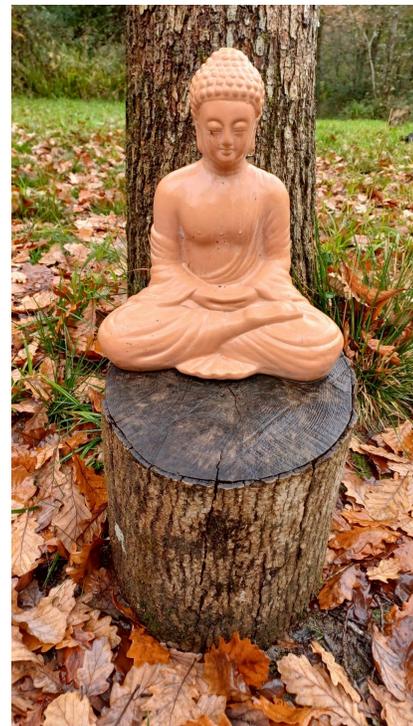
For two or three night retreats, we have optional two-hour sessions offered by participants within the group. This year, these include intuitive art-making (May) and writing and creativity (June).

### What are the dates for 2025?

Sat 24 - Mon 26 May	2 nights	Women only	Unfurling the Heart
Fri 13 - Sun 15 June	2 nights	All welcome	Rewilding Creativity
Fri 22 - Mon 25 Aug	3 nights	Women only	Creating a Clearing

### I don't have much meditation experience. Is this retreat for me?

Those who attend these woodland retreats have a range of experience. Some have never meditated before; others meditate daily. Some are completely new to nature meditation and others have a regular outdoors practice. All are welcome. We only ask that you are willing to sit in silence for up to 40 minutes.



## What about silence?

**There will be extensive periods of silence.** Being silent in the woods is a real gift. It allows you to really listen to the sounds of the trees, the birds, the wind and the water. The group decides when and how to go into silence. Some groups choose to start silence from the first afternoon; others wait until after the evening meditation and campfire on the first day. Silence continues until lunchtime on the second day when the group reconvenes. For longer retreats, some groups then choose another extended period of silence and others don't.

## Where are the woods?

All retreats take place in [Wildflower Woods](#) near Bruton Somerset. Wildflower Woods consists of 12 acres of broad-leaved woodland set within a larger forest of 85 acres. There is a locked gate to get into the larger woodland and fences around the borders so it's very secure. Although several families own other sections of the larger woods, often no one else is there.

Wildflower Woods is a plantation of oak, hazel, beech, hawthorn and various other trees on ancient woodland. It is quite wild! Wildlife includes deer, owls, buzzards, moles, butterflies, hares, pygmy shrews and several protected species such as Natterer's bat. Wildflowers include bugle, early purple orchids, bluebells, dog roses, herb robert, primroses, sweet violets and wood anemone. There are two seasonal streams, a large clearing for group meetings (Alder Clearing), several smaller meditation circles, a large wet weather shelter, a parachute for protection from rain (or sun!) and a compost toilet. It's beautiful.

## Who else will be coming?

All but the July retreat will have two facilitators (Lesley, Sarah, Liz, Lauren or Shauna). A maximum of 8 and a minimum of 4 people attend. About two weeks before the retreat, we have an online meeting for an hour at a date and time that suits participants. Participants will have a chance to meet each other, share their intentions and raise any queries.

## How will I get there?

For those driving, there is some parking available right next to the entrance to Wildflower Woods. We usually arrange lift shares to help the planet and to ensure there's enough parking for everyone. Alternatively, you can take the train to Bruton or

Castle Cary, both about a 15 minute drive away. Taxis can be pre-booked or we may be able to arrange for pick up with another retreatant.

### What if I have physical or emotional difficulties?

Woodlands are incredibly healing. **You will need to be fit enough to go up and down small inclines and manage uneven ground.** If you are feeling emotionally fragile, we will support you as best we can, although we are not mental health professionals.

**These retreats are not appropriate for anyone currently experiencing trauma or suicidal tendencies.** However, they are beneficial for those with recent bereavements. You need to be sure that you have your own coping mechanisms in place.

### Where will I sleep?

**Everyone brings their own tents, sleeping bags, mattresses and anything else needed for comfort.** Some prefer tarps and bivvy bags, which can work well. We create a base camp in Alder Clearing. Some choose to camp close to base camp. Others go to the opposite end of the woods. It's completely up to you.

### Can I stay in my van?

If there's enough parking, it is possible to stay in your van on the access road. But this may change your experience. Instead of being in close contact with the woods and experiencing all that nature has to offer, you'll be separated in a steel container that may (or may not) be your usual home. We would encourage you to camp if possible.

### What are the toilet facilities like?

There is a compost loo. Toilet paper, hand soap and water are provided.

### What will I need to bring?

You will need to **bring your own camping gear, water, meditation equipment, lunch for the first day and any luxuries to be comfortable.** The aim is to be good to yourself.

### How much does it cost?

Two nights	£145	(May & June)
Three nights	£205	(August)

The low cost of these retreats is because the facilitators give their time for free. However, dana (or donations) to the facilitators will be appreciated (but not expected). Any extra money goes back into wood maintenance and bursaries. If you'd like a bursary, please see below. We do not want financial considerations to stop anyone from participating.

For taxpayers who are willing, we'd be grateful if you would complete a Gift Aid form, which would give Bristol Insight Meditation an extra 25p on every £1 at no cost to yourself. Gift Aid contributions are vital to making these retreats cost effective. These forms will be available to complete on the first day of the retreat.

## How do I book?

To book, please complete this [booking form](#). Once we receive your booking form, we will contact you with details of how to transfer your deposit of £30. Once we receive both the booking form and the deposit, your place is secure. Feel free contact Lesley on [rewildingmeditation@gmail.com](mailto:rewildingmeditation@gmail.com), if you have any questions.

## What happens with cancellations?

We will cancel if the wind is forecast to be over 40mph (safety hazard) or fewer than 4 people sign up. If we cancel, your contribution will be refunded to you in full. If you cancel 6 weeks or more before the retreat start date, we will refund your money in full. If you cancel between 3-6 weeks before the retreat start date, we will retain your deposit and half the remaining balance will be credited for a future retreat. The other half will be refunded. For example, if you book for a one night retreat (£90) and cancel 3-6 weeks before the start date, the deposit of £30 will be retained, £30 will be refunded and £30 will go towards a future retreat. If you cancel less than 3 weeks before the start date, no refund will be made unless someone takes your place. If this happens, you will be refunded in full.

## How are the bursaries run?

Two bursary places are available for each retreat. Everyone, including those requesting bursaries, makes a £30 deposit on booking. During the booking process, let Lesley know you are interested in a bursary and she will talk to you about next steps. We really want everyone to enjoy the woods regardless of their financial situation.

**We look forward to sharing the beautiful woods with you!**