



Primrose Cottage

### Enlightened Retreats

*"Seek Peace, Seek Purpose, Seek Enlightenment for in that seeking you will find that all is within you"*

#### **A Personal Retreat**

Garden Ensuite B&B with Morning Meditation  
And One Individual Session  
£240 per night

Additional Nights & Sessions are added to suit your need  
1 Hour £75  
1½ Hour £90  
Extra Night £90

#### **The Inner Retreat**

For those seeking in depth personal transformation and direction in their lives

3 Nights Garden B&B with Morning Meditation  
4 Individual Sessions  
½ Follow Up Virtual Session  
£675

#### **Non-Residential Individual Sessions**

£120  
£195 for the Day

#### **Virtual Sessions**

(Telecon/Facetime/Whatsapp/Zoom)

½ Hour £45  
1 Hour £75

#### **Reviews**

*"I cannot speak highly enough of how important this experience has been and continues to be in my life."*



**Karen Fletcher**

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