

SPACE

to BE

*An opportunity to reflect and refresh in
your own way and at your own pace*

Dates for 2022:

Spring: 7-10 April

Summer: 1-4 June

Autumn: 22-25 September

Winter: 8-11 December



Trigonos in Snowdonia

SPACE to BE

These retreats are open to any individual who is looking for some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme. In 2022, we are offering Space to Be four times so you can choose which season you would like to enjoy Trigonos's magical environment.

In a small group (up to 7 people) the retreat will have exclusive use of the main meeting room with its wonderful view of Snowdon to use as a base. Each day will start with a meeting of the group to agree a plan and aim for they would like to do together. The day will end with another gathering to share reflections. Facilitation will be light touch – but some options for activities will be offered for the group to choose, if they so wish.

Available resources include:

**Art materials • Books in the library • CDs offering a range of music
A variety of local walks • Yoga mats, blocks and cushions**



GOING WITH THE FLOW

whatever the season, the weather or any prevailing personal or external events – enjoying sounds and silence; speaking and listening; moments of being and moments of doing



REFLECTING

on your individual journey, thinking about the signposts in your life and where the next steps may lie



ENJOYING THE WARMTH

and hospitality of the Trigonos team and the lovingly prepared vegetarian food with some produce home grown and essential diets catered for

EXPLORING THE WISDOM OF OTHERS

by dipping into the library with books on different faith traditions, mythology, social action psychology, personal journeys, environment and much more



GETTING PERSPECTIVE

by looking at our place in the landscape – perhaps by exploring the nearby slate quarries or going to the sea or climbing a mountain or just strolling in the beautiful walled garden



FACILITATOR

The **Space to Be** retreats are facilitated by one of the Trigonos founders, Ros Tennyson. Ros has worked for 30+ years as a professional trainer / workshop facilitator for groups collaborating to ensure sustainable development across the globe. She has written a number of books and manuals on this topic and has a strong commitment to enabling individuals to find their place within a group.

FIND OUT MORE...

...about Ros from: www.rostennyson.info

...about the Retreat from ros@rostennyson.info

COSTS

This is a residential programme and charges will depend on accommodation selected – full board for the duration of the course is included in the cost. Please see next page for details.

BOOKING

Enquiries about availability, bookings and payments to Trigonos:

info@trigonos.org

+44 128 688 2388

www.trigonos.org

“The facilitation was light yet attentive...I really enjoyed feeling I could be on my own knowing that I would be meeting up with the group later”

Feedback from a retreat participant



Trigonos Courses - Booking Form

Space to Be

DATE: _____ 2022

Name.....

Address.....

..... Postcode.....

Telephone.....

Email.....

Please book me:

..... the following place(s) (Circle as appropriate):

- Single ensuite – **£390**
- Single non-ensuite – **£345**
- Non-residential place (including lunches & evening meals) – **£190**

We will send you an invoice for the £100 deposit together with our bank details

If you wish to pay by debit or credit card, please send in your form and we will call you for your card details.

Bank transfers are preferred, but cheques are accepted and should be made payable to **TRIGONOS**.

The balance of the fee will be due 30 days before the course.

Terms & Conditions:

- Your place cannot be confirmed or held without the non-refundable deposit being paid
- Any cancellations within 30 days of the retreat, the full charge becomes payable to Trigonos
- We advise you to get insurance to cover you against any costs incurred if you have to cancel

We are keen to know how you heard about this course or if you have any suggestions of others who may be interested in receiving the course flier:

Specific dietary requirements

Your health and well-being is of primary concern to us. If you have specific dietary requirements please complete this form. We plan our menus and order ingredients well in advance of a group's arrival. The kitchen team is, therefore, not able to cater late requests.

A food Allergy is when the immune system reacts to specific foods. Allergies can be very serious and even life threatening.

A food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them. It causes symptoms, such as bloating and tummy pain, which usually happen a few hours after eating the food.

To help us cater safely please clearly state your requirements in the table:

Ingredient	Allergy (please tick if applicable)	Intolerance (please tick if applicable)

If you follow a specific diet such as Vegan then please state it here:

IMPORTANT: We take great care in ensuring that allergens are not used as an ingredient where their exclusion is required. **However** we cannot guarantee that our food does not contain trace elements of allergens as we do not have a separate kitchen for preparing allergen free dishes.

If you have specified that you have an Allergy a member of our hospitality team will be in touch to ensure that we fully understand your needs.

Your name	Phone number