

Movement Sense cic
supporting the body, moving in nature

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c.b.c Synnwyr Symud, Cynnal y corff, symud ym myd natur

Movement Sense cic has an activities room, movement studio; sleeping / living accommodation; self-catering cooking facilities; access to outdoor land and a gorgeous wood-fired sauna for you to shape your own retreat, course or holiday.

We will offer you a hire- agreement for use of space, but you are responsible for all fees to professionals working with you, and for your catering costs.

We have Standard Bookings available, where we dictate the arrival and departure times, and it includes 1 use of the sauna, (or two if you are here for 7 days).

If you want to shape your retreat over different days there is a non-standard charge. You can work out the cost from the figures below, or ask us for a specific quote.

For self-organizing retreats the maximum residential capacity is 11. For a group of movers/dancers the studio comfortably accommodates a group of 8 people plus facilitator.

For yoga or other similar groups there is room for a group of 10 plus facilitator.

For accommodation, you can choose between the cottage, barn or both depending on the size and needs of your group. Sleeping arrangements in each building are described below..

Please email us with your preferred dates and requirements.

You can check the bookings calendar for cottage availability; barn availability is available on request.

A 25% non-refundable deposit is required to confirm booking, outstanding balance to be received 6 weeks prior to start date. Booking terms and conditions apply.

	<u>cottage and studio/room</u>	<u>barn and studio/room</u>	<u>barn+ cottage and studio/room</u>
max no of people:	up to 5	up to 6	between 6 and 11
weekend, fri pm- mon am	£380	£470	£650
5 day week, mon am- fri pm	£800	£860	£1120
7 day week, mon am- mon am	£1120	£1240	£1660
Any other combo of days	£170	£190	£250
@ £ per night			

Non-residential use of Studio/Barn facilities is available at £15 per hour, / £60 half day use, / £100 full day, this includes use of self-catering kitchen / fully equipped to host 15 people, access to garden, covered veranda and bathrooms.

Input from registered professional somatic movement educator / and / or Specialist in Therapeutic Outdoor Play, available at £45 per hour.



DERWEN COTTAGE:

Sleeps 5 in individual beds: (1 separate double room, one futon in living room, sleeping mezzanine with 1 double and 2 singles). Self-catering. Wood fired Rayburn, kitchen, living room and private garden.

Please see www.derwencottageholidays for more pictures and descriptions of the surrounding area.



YSGUBORWEN BARN:

Sleeps 6 individuals: (Sky Room - 4 single floor futons, End Room: 1 double futon, one sofa-bed). Self-catering; group kitchen, toilet, bathroom shower/bath, laundry facilities. Covered veranda for large group communal eating.



STUDIO and ROOM: heated, available 24 hrs a day, plug in speakers, bring extra blankets.



All bedding and linen provided.
All wood for indoor fires provided.
Ample off road parking.

Use of gardens, outdoor fire pit, platform and dancing field, with access to river and forest all around.



SAUNA available, £60 per firing, includes sauna guide, towels, aromatherapy oils.

PLEASE EMAIL: info@movementsense.co.uk

Telephone: 01267202725

And speak to **Maggie or Kerstin**

We look forward to welcoming you here.

