

# Reviews of our Retreat Space

Our retreats are shaped by the landscape, the tranquillity of the Glen and the sense of calm that guests experience during their time with us. The reflections below have been shared by retreat guests and facilitators who have spent time in our woodland spaces, Zen Garden and retreat buildings. Their words offer an insight into the restorative, nature-led experiences we aim to create and the lasting impact the Glen has on those who visit.

## Claire

I have just booked the retreat at St Nectan's Glen for the fourth consecutive year, and most of my retreat guests will be returning simply because it's at The Glen!

We are always so well looked after. The accommodation is beautiful, warm and comfortable, the food is delicious and plentiful, and the wonderful team at St Nectans clearly love working there.

The setting is perfect for a yoga retreat – or any other group gathering – cosy wooden lodges with views of the tree canopy, a thunderous waterfall and fresh pool to bathe in, a hillside of winding paths leading to artwork and firepits, a private studio and beautiful Zen garden. We never want to leave this magical place at the end of our retreat, so we keep coming back!

<https://www.facebook.com/claire.sokell>

## Kelly

It would be incredibly hard to beat the venue location, the staff and their love, devotion and genuine care to the running, experience and care of the host, and retreat attendees. And the sacred grounds, the spaces created within the glen away from the water falls, the nourishment in the cafe, and nurture in the grounds all of it is world class. Genuinely from someone who has experienced many retreats, and hosted hundreds, St Nectan's for me is my favourite #1 Retreat Venue.

Kelly Vikings, New Earth Business®

[www.kellyvikings.com](http://www.kellyvikings.com)

## Jodie

I am sat here reflecting on the most amazing & magical 2 weekends! So much reflection, release, inner work & pure joy was had. What a journey!

I knew I was well connected with the space at St.Nectan's because of visiting so often, but honestly the place has captured my heart beyond what i can describe & i feel so blessed and grateful to have now shared the space with 29 other women who had no idea it existed prior.

The whole team at St. Nectan's has been outstanding from start to finish. From the point of booking, all the way through to saying goodbye! The welcome on arrival, the gorgeous friendly staff, the warm & homely accomodation, the flexibility with guests who needed assistance and finally the cherry on the top of the cake..... the food!!! We have all decided Tim is a Tintagel legend and we absolutely would support a cook book 🍳! And as for you lovely Tracey, thank you from me personally for making it feel all so easy and as if i was hosting a retreat in a space i had used over and over you are a wonderful soul, who even though are faced with personal challenges at present still show up and do that job role with the biggest heart, smile & hugs! You are amazing!!



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### **Laura**

I am a retreat facilitator and started hosting wellbeing retreats at St Nectan's in 2023. I have been back every year as this space is beyond magical. Each visit feels new, with more to see and explore, the sounds and sights of Nature always meets me wherever I am at in life and brings me to a sense of calm, peace and gratitude.

Every year, when my tribe return, I make a point of inviting new people to be part of our journey. I love to see their faces and souls light up with happiness in this little secret gem at st Nectan's glen.

The facilities are wonderful and always a comfortable stay in our exclusive lodges no matter what time of year. We are spoilt for choice with places to explore in the grounds and waterfalls, walks and also locally for excursions .What is guaranteed is coming back to amazingly prepared food from the onsite chef.

A place that captures the heart and never leaves hence why I shall return time and time again to share with as many people as I can.

Thank you to all staff for always being so accommodating ,friendly and keeping this magical place special and alive .



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