

# HeartSpeak Retreats at The Light House

*Therapy Sessions can consist of HeartSpeak, Hypno-CBT, HeartSpeak Nutrition Insights (food sensitivity testing) or NADA Ear Acupuncture*

	Total for one person including Breakfasts & Lunch	Per couple (sharing a room) including Breakfasts & Lunch	Total for 2 people in separate rooms	Learn to Relax Session	Ear Acupuncture	Sleep Soundly Audio	HeartSpeak Therapy
<b>2 nights</b>	£425	£460	£475	Included	Included	Included	3 sessions
<b>1 night</b>	£380	£410	£425	Included	Included	Included	2 sessions

- Therapy sessions are split between you if you are coming with a friend or partner.
- Accommodation is in an Kingsize ensuite studio room with kitchen.
- The kitchen includes fridge, kettle, toaster and microwave, but is not suitable for cooking full meals. You are welcome to use our gas BBQ.
- For friends booking together a second guest room (no en-suite facilities) is available.
- You'll have access to the onsite secluded hot tub so bring robes, swimwear and suitable footwear.
- We can cater for specialist diets if arranged in advance.
- Evening meals can be booked at a number of local pubs (we can arrange transport if you wish).
- Meals included are: 2 night Retreat: breakfast and lunch on Day 2 and breakfast on the day of your departure (Day 3). 1 night: lunch, plus breakfast on the day of your departure.
- You're welcome to bring your own alcohol.
- A Chatsworth Hamper can be booked in advance in place of lunch if you're planning on exploring the area.
- There is plentiful parking on site.
- Ogston Reservoir is approximately 15 minutes from Matlock.
- We are a non-smoking household and ask that you respect that.
- Please note we have two, small, friendly, non-shedding dogs here on site. We're sorry we are not able to cater for your dogs.
- A 25% deposit is required to secure your booking.

#### Cancellation terms:

More than 6 weeks from your Retreat: 25%  
 Within 4 to 6 weeks from your Retreat: 40%

# HeartSpeak Retreats at The Light House

*Therapy Sessions can consist of HeartSpeak, Hypno-CBT, HeartSpeak Nutrition Insights (food sensitivity testing) or NADA Ear Acupuncture*

Within 2 to 4 weeks from your Retreat: 50%  
Less than 2 weeks from your Retreat: 60%