

HeartSpeak Retreats at The Light House

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

3 Days	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	Sleep Soundly Audio	Total Therapy Sessions
REFOCUS	£350	£385	£400	1	Included	2
RESET	£425	£460	£475	2	Included	3

- Therapy sessions (approx 90 minutes each) 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: Breakfast and lunch on Day 2 and Breakfast on the day of your departure (Day 3)
- 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%
Within 2 to 4 weeks from your Retreat:	50%
Less than 2 weeks from your Retreat:	60%