

chilled mama weekend retreat

it's time for you



Tofte Manor

2 - 4 June 2023

chilledmama.co.uk



Hello!

I'm Cathy, Chilled Mama, (on the left), and this is Linda, who helps me with my retreats.

We would love to welcome you to the next Chilled Mama Weekend Retreat at Tofte Manor in June 2023.

I help parents to relax and follow their own path, from pregnancy to grandparenting. I am a mum of five, aged 27 - 13. I like tea, the sea, the woods, and reading.

Most of us, at some time, want to be more chilled, more relaxed, because we know that will make us happier, make our children happier, and make life easier, more fun.

We are not just parents, we are people in our own right. Our mental health is important.

I am a perinatal educator and trainer, parenting practitioner, forest bathing guide, and Veriditas trained labyrinth facilitator. I share these tools because they help me be a Chilled Mama.

Linda and I have seen the changes that happen at our retreats, as women shed their stress, and stretch out into themselves over the weekend. You need this.

Last year the word that kept coming up was 'connection'. The women felt the weekend help them feel connected - to each other, to nature, and ultimately to themselves. And we could all do with a bit of that.

There isn't another retreat like this one. It's a unique set of experiences that we think will delight and inspire you. You may also learn new wellbeing tools, gain a fresh perspective, and feel empowered to make positive changes in your life. Or simply enjoy being still.

We will hold space for you, but the experience is yours. The magic of the Chilled Mama Retreat comes from inside you. You are enough. You just need to believe it.

If you have any questions, please ask me.

I hope to see you at Tofte Manor in June!

Cathy xxx

"Cathy and Linda are naturals at creating a welcoming and inclusive environment. I was sceptical at first about being with strangers but it was so friendly and caring."



Why retreat?

It's time for you.

Time to slow down. To breathe. To think. To be you. To simply be.

Sometimes we get stuck in the ways of being, of doing, day after day. We haven't had time to stop and think. Life gets too busy. We feel overwhelmed, lacking time and space to think. Or we find the labels we wear, 'mum', 'partner', 'she who does everything', have become us.

Sometimes there is a mismatch between our expectations of how we think things should be, or old ways of doing things, and of being, and what is happening in our lives now. We may need to adjust, whether to accept or change. We need to realign. To let go. To refocus.

On the Chilled Mama Weekend Retreat you get the time, space, and experiences to help you gently explore, privately, what is going on, what your needs are, what you need to do.

You get to relax into yourself, be with nature, and enjoy the company of like-minded people.

You'll leave feeling stronger, more confident, more yourself, and very, very chilled.



J's story

"I attended the Chilled Mama retreat in 2022 for some much needed 'me time'. The aim was to have a few days focussing solely on my needs. The whole weekend was exactly what I knew I needed and also what I didn't know I needed.

The closing the bones ceremony allowed me to make peace with my body after the traumatic birth of my last child, over a decade ago. It was a very emotional experience but one that brought an element of closure for my body moving from one stage of my life to another.

Walking the labyrinth allowed me to connect to the earth and feel and enjoy the energy of this very special venue. The fire ceremony was a lovely chance for introspection and connection.

The whole weekend provided time for personal contemplation and connection with other women.

Cathy is a wonderfully caring and skilled facilitator, at all times putting the individual needs of the participant first. I loved the weekend so much that I've already booked to return this summer."



Who is this for?

If any of this resonates with you, then this is for you!

But my children are older?

A lot of people assume it is only for women with young children, but it is not. It doesn't matter how old your children are. Grandmothers, empty nesters, those with older children, younger children. It's for you.

The challenges of being a mum don't stop once they are school age, nor when they leave home! And we are not just mums, we are people in our own right, and retreats are great.

How our children need us changes, as they grow up: how we interact with them, how we relate to them. And changes happen in our personal lives too: we experience work changes, relationships, menopause, health challenges, bereavement, loss. And we have to adjust, cope, and still keep everyone alive and happy.

What you need is to go somewhere peaceful and have the tools I use to help me be a chilled mama; nourish yourself with good food, and spend time being you.



Come alone, and enjoy peace, tranquillity.

Come with your friend, sister, mum, daughter, and have an extra special time together.

We welcome all women, and non-binary people, who take mothering roles in their lives, with their own children, or other children/other people.

There is some walking, and uneven ground, but we can accommodate guests with mobility scooters. Please get in touch, we can explain more. We aim to be as accessible as possible.

Still not sure? I'd love to answer your questions, or just chat about it. Drop me an email, or call me.

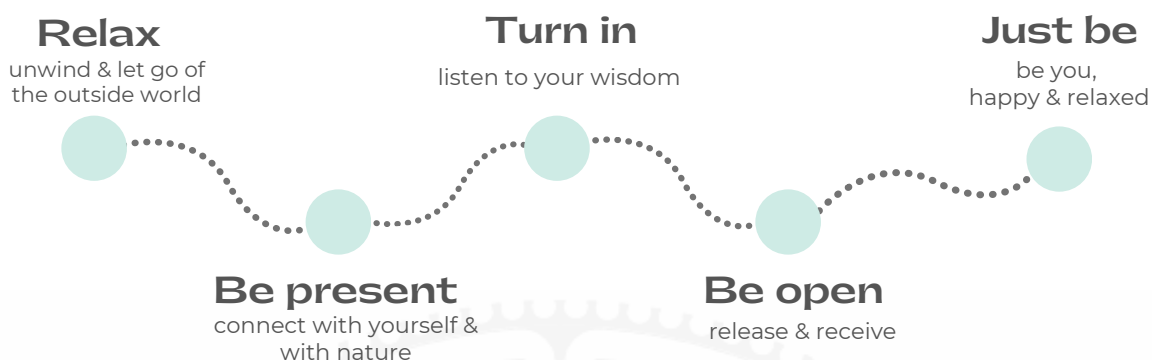


Experiences

"A wonderful experience and time to hold space for yourself. A perfect mix of alone time and guided activities."

The Chilled Mama Retreat will introduce you to some unique and special experiences, to take you beyond relaxed. Tuning into yourself, body and mind. Being part of a community of women. Making space to be you: simply and uniquely you.

With over six years of experience delivering magical retreats to women these experiences have been crafted to bring the chilled mama essence to your very core, so that it lasts way beyond one weekend.



Relaxation

Not everyone finds it easy to switch off and relax. Throughout the weekend there will be a variety of different ways to relax, many involving doing something, such as eating chocolate mindfully, focusing on an object, or walking slowly.

But also some lying down, deep relaxation, feeling every muscle ease, and every cell relax.



Forest bathing

Forest bathing, aka Shinrin Yoku, is the Japanese practise of nature immersion. It combines the benefits of being in nature, with meditation and mindfulness.

Breathing and relaxation in nature gets healing oxygen into every cells of your body. Forest bathing's mindful focus on noticing and appreciating nature boosts our happiness hormones, and helps us feel connected, and helps with self acceptance.



“When you do things from your soul, you feel a river moving in you, a joy.” Rumi

Labyrinths



With one path to follow to the centre, and back out again, a labyrinth is a perfect tool for contemplation. With your conscious mind absorbed in the walk, your subconscious untangles, unwinds.

At Tofte Manor there are two wonderful labyrinths, including one with a dark, womb-like centre.



Fire ceremony

We will have a quiet, contemplative ceremony: enjoying sitting around the fire with blankets and hot cocoa. I'll read some poems, and we'll burn some sticks and plants each with specific meanings in Old English folklore.

I find it forges connection: with yourself, with nature, with others, with the past and the future.

Closing the bones

Closing the bones is based on a Central American postnatal tradition of being wrapped in scarves. It is a powerful experience, and can be done many years after having babies. The aim is to bring you back to you. To integrate the mum and the woman; the past and the present.

The process of being wrapped and then unwrapped by other women is powerful: to receive care, instead of being the person to give it.

In creating a group ceremony, in which we wrap and are wrapped, we bare witness to each other's journey.



“The closing the bones ceremony was such a unique, emotional and fantastic experience.”



Itinerary

This is the rough plan, and obviously is subject to change, but it gives you the idea.

Friday

Arrival from 5pm
Dinner (6.30pm)
Opening circle
Starlight labyrinth walk

Saturday

Relaxation, mindfulness & reflection
Forest Bathing (Shinrin Yoku)
Free time to explore, relax, read, write, swim, journal, nap.
Tea and cake.
Labyrinth walk and reflection.
Fire ceremony, in the evening

Sunday

Closing the bones
Free time to explore, read, write, swim, journal, nap.
Deep relaxation
Final reflection
Close (3.30pm)
Leave by 5pm



Heidi's story

I went on the Chilled Mama Retreat Weekend with my sister last year. We are both mums of grown up children and have supported each other through life's challenges. This was the perfect way to celebrate our friendship and give ourselves a treat.

The retreat proved to way exceed our expectations. The whole weekend was very relaxing and inspirational. Cathy had so many different experiences to offer during the weekend but there was no pressure to take part in anything we didn't want to. We also had plenty of free time to relax, take an exhilarating dip in the outdoor pool or explore on our own.

Tofte Manor is a stunning venue; the labyrinth in the grounds is amazing and walking it with the other women was an emotional and spiritual experience.

The food was delicious - every meal was colourful and tasty and everyone's dietary requirements were catered for. A selection of teas, coffees and cold drinks were available for us to help ourselves throughout the weekend too.

It was lovely to sit around the big table in the beautiful dining room and share experiences with others in a supportive and non-judgemental environment.

We both came away having had an amazing time and we can't wait to join Cathy and another group of mums on this year's retreat.



Food



Our amazing retreat chef, Sal Dhalla, The Food Witch, is an intuitive chef specialising in delicious vegetarian and vegan cooking, with seasonal and local produce.

She wowed us last time, from breakfast to dinner, with her delicious dinners, and worked with me to ensure the individual dietary needs of our guests were met.

She is author of 'Ten steps to a more joyful relationship with food'.

If you would like to chat to me about the food, I would love to hear from you. Please call or email me.

"The food was fantastic, full of flavour, and I felt like it was also doing me good."

"Sal is an excellent chef, and I have some new ideas to try at home."

"Knowing that I was safe to eat what's provided was unique and it was just fabulous."



Venue

Tofte Manor is a special place. Nestled in the Bedfordshire countryside, it is such a peaceful setting for our retreats, with some special and unique features. We have exclusive use for the weekend. The owner Suzy is a yoga teacher, and offers holistic treatments, if she's at home.

You will feel relaxed as soon as you arrive. Relaxed and cocooned in its walls. Ready to receive wellbeing, nurture, and peace.

As well as the gorgeous rooms and elegant dining room, there's a cute library, a cosy quiet room, and a fabulous lounge with big Tudor fire place.

Outside there's beautiful gardens to explore, unusual garden seats, tennis courts, and a fabulous heated, spring-water filled pool. All the water at Tofte Manor is filtered water from their spring.



"Cathy held beautiful, safe space for us to engage and explore as much or as little as we wished. Amazing food, a beautiful location, perfectly balanced and restful schedule. Highly recommend."



Accommodation

All bedrooms come with tea and coffee facilities, WiFi, and TV. For each guest there is a dressing gown, towels, bathroom slippers for use during your stay. Please bring a towel for the pool.

If you are coming on your own, and would like a shared room place, I will match you with someone else doing the same.

Choices to make: Manor House or Stable Courtyard; room on your own or shared.

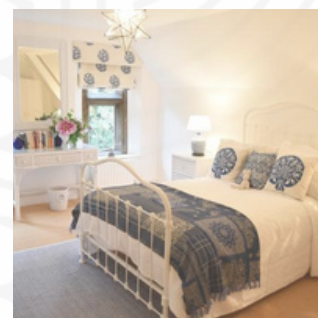
Manor House

These gorgeous rooms are each decorated individually. They are mostly doubles, with a couple of twins. The stunning bathrooms are shared between two rooms. Each bedroom has its own sink.

Single room £644

Shared room: £566

The Neptune suite is for three or four friends in two joined rooms (one double, and one twin).



Stables courtyard rooms

These stylish rooms face a serene courtyard, and some of the rooms have patio doors. The en suite rooms are fully booked and there are just two rooms left with a shared bathroom, single or twin.

Single occupancy: £624

Shared room: £546

Cottage with two twin rooms, kitchen, bathroom, perfect for three or four friends: £567 each.



What is not included:

Travel costs.

Travel insurance.

Additional treatments, if available.

Travel:

Postcode - MK44 1HH

Nearest train station: Bedford.

Nearest airport: London Luton.



It sounds wonderful but ...

It can feel hard to give yourself this time and to spend money on yourself. I get it. Money is tight. Time is tight. And it can take some organising to get away.

As women, mums in particular, are used to giving, and giving, and giving. Booking this for yourself can feel uncomfortable, even if you really, really want to come. A retreat expert told me that in her experience women with children only go on retreat if someone buys it for them, a partner or a friend.

But just like with everything else, if we want it, we have to do it ourselves. We have to take the rest, the time, the connection, the healing, and the joy. If we wait till the right time, or for someone to give it to us it won't happen.

We have to put some wellbeing in, so we can continue to give to others.

Imagine what you would feel like at the end of the Chilled Mama Weekend Retreat.

You know need this. You deserve this. To feel it in your bones, to feel it in your soul.

It is time. Time for you.



"Wow! I feel blessed to have attended. This special time has by far exceeded my expectations. I've loved walking the labyrinth and feeling its power. The fire ceremony was so powerful! And the closing the bones so, so stunning. Having the space to ease my body and soul in this unique environment. I can't thank you enough for this experience."

T's story

I liked that it felt a very safe space, helped by it just being us here. Beautiful venue, and food.

Cathy's facilitation was authentic and confident. I loved the poems. They were so apt, as were the questions and suggestions.

I liked Linda's love and care and holding space, being there. They both role-modelled self-care and emotional expression.

There were not too many activities. Initially I thought it was a bit 'light' but actually it was just right, and I appreciated a good amount of free time.

The weekend was structured by flexible. The encouragement to 'do ourselves' was genuine, so we did.

There was excellent pre-vent communications.

I have a lot to process and am so grateful to have been here. I'll be back next year!



Finger labyrinth

To use this finger labyrinth:

- Take a breath. Soften your shoulders.
- Read the lines below, or another poem or affirmation.
- Slowly follow the path between the lines with your finger. You might like to use your non-dominant hand, or a different finger to your index. Breathe. Relax.
- Pause in the middle. Breathe. Relax.
- Retrace your steps back to the entrance.
- Pause. Take time to let the experience sink in.



*"Be gentle to yourself.
You are a child of the universe,
no less than the trees and the stars;
you have a right to be here."*

From Desiderata by Max Ehrmann



There's more ...

It is more than a just a weekend.

On booking you will receive a welcome pack in the post, to start you off feeling chilled, and a goody bag to take home from the weekend, to extend the experience.

You also have access to my online retreats for a whole year from booking. This includes a quarterly four-week online programme focused on the seasons: Springing, Summering, Harvesting and Wintering; and a Calm before Christmas one.

This also give you the opportunity to meet some of the other guests before you arrive.



The online retreats are a good way to try out the Chilled Mama Retreat experience. If you pay for one, and later book onto the weekend, it will be taken off your weekend price.

There are also Mama Retreat Days and pregnancy retreats, and other things to help you be a chilled mama/papa/parent.

how to be a chilled mama*

*or papa or parent



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I have worked out there are four elements to being a chilled mama.

First of all you need to relax, and that means have fun as well as rest.

Second, tune into yourself, your body (what does it need), and your instinct (what is it telling you).

Third, lean out, find a community travelling the same way, and see what skills and knowledge you can learn to help you on your path through parenting.

And fourth: be you. To do that you may need to let go of some assumptions, some pressures, some 'unwritten rules', and make space to be you, by doing what is easy, or easier, simpler.

Does this resonate with you?