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# *Connection, Care & Nurture*

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## A MEDITATION RETREAT WITH LUCINDA DRAYTON

**Dates:** Friday 13<sup>th</sup> – Monday 16<sup>th</sup> June 2025

**Venue:** Breathing Space Norfolk, Heath Priory, Hickling, Norfolk, NR12 0YJ

**Cost:** £485 twin room (sharing) or £585 own room. All food, refreshments & activities included.

**Booking Contact:** [breathingspacenorfolk@gmail.com](mailto:breathingspacenorfolk@gmail.com)

### About the retreat...

My name is Lucinda Drayton. I've been a professional musician all of my life and for the last 12 years I have been working in private practice as a holistic psychotherapist.

My passion is accompanying people as they take back the reins of their lives and consciously create the life they want to live.

One thing I have come to understand is that this cannot be done without an introspective practice and journey.

This retreat at Breathing Space is about facilitating that beautiful journey inwards. We use will meditation from various traditions; some breath work, visualization and the healing power of Live Music.

All of this is held by the safe loving arms of the Breathing Space environment. For me Breathing Space has always been a place of welcome, acceptance and home. You will eat great food and sleep in comfy beds surrounded by nature and beauty.

Between the lock-down periods and post the COVID experience we encountered a deep need in people for connection care and nurture.

So, this is also a big part of the Retreat. We aim to create a space where each person can be completely themselves and relax into being cared for on every level.

So, if life feels tough or if you feel that you're always looking after everybody else then maybe this is the Retreat for you. There are no expectations or force. You can join as much or as little as you wish. We will explore deep silence; the power of music and journey inwards to the incredible magical world of inner space where all the answers lie.

## The Retreat Program (all activities are optional)

We start after dinner (6.30/ 7.00pm) on Friday night and finish on Monday with a brunch at 11.am. So you will be done by 12.30 on the Monday

We ask that during the weekend you leave phones in your own private space and come to the sessions on time if you wish to join. Wear comfy clothes with layers. The program may change as I follow the group and so we might need a tea break in the middle or we might have a dance to change the energy, but know you are free to do or not do anything.

8.00 - 8.45 Meditation. We will explore different ways to access the inner world. Each session will be a different kind of meditation practice. Even if you have never done this before you are welcome.

9.00 Breakfast. Cooked with love. Homemade bread, happy eggs, organic tomatoes and mushrooms. Salmon. There are various options.

10.30 - 12.30 session one

More exploration of the inner world. Through breath, music, discussion, journaling, drawing. We often work with a theme that the group naturally brings to the weekend.

1.00 Lunch

Afternoon to sleep, walk, go to the sea, (some of us love a cold dip). Free time

4.30 – 6.00 Session two. Often a more relaxed healing session with music, movement.

6.30 Dinner

8.00 Varies but often we light a fire or play games. We might listen to music we love. It's a communal time that becomes very special

This will give you a flavour but the magic is hard to write about in words. It's about the deep feeling of belonging and connection. Being valued and cared for ...being able to show up as I am.

Simple but profound.

Hope to see you there.

With love,

Lucinda and the Breathing Space Team

Find out more about Lucinda's work here - <http://www.lucindadraxton.com/>