

Retreat FAQs and Testimonials for Nature of Compassion and Awakening the Heart Retreats

We hope this information answers some of your questions, please get in touch if you are unsure of anything. Everything during a retreat is invitational, so we invite you to listen to what you need.

Testimonials from past retreatants

“The retreat is a deeply healing and serene space where I can connect with nature, reflect in stillness, and share community with people who have similar intentions. Lilasuri and Karen are wonderful teachers who ensure everyone feels supported”

“I'm learning my healing is profound in community, which is encompassed by the wisdom of teachers, compassion of fellow beings and contained in soothing nature of Brinscall Hall. Through the retreats, I have gained valuable insights, made positive shifts in my wellbeing, and feel re-energised, more confident, and full of a renewed zest for life. This space has truly opened the door to a new world for me”

“Something magical happens on retreat. It always does, and it is always what my heart needs”

“The retreat day was beautifully held and was a connecting experience which felt so nurturing”

“What I have taken away from the retreat is like a cutting from a plant that will keep growing and flowering as I tend to it. I cannot express how grateful I am for this transformative experience”

What is a retreat?

A retreat is time away from daily life to rest, reset, and reconnect. It offers space to slow down, reflect, and deepen mindfulness and compassion in a supported environment.

Do I need prior experience with meditation or retreats?

No experience is needed. Everything is guided and accessible.

What happens on a retreat?

Every retreat will involve guided meditation, reflection, time in nature (accessing the grounds of the retreat centre or in your local area if you are online), group activities, and space for rest.

Are there periods of silence?

On the in-person retreats we invite small periods of silence to enable you to get away from the stresses and busyness of your daily life and channel the energy you devote to communication with others towards yourself. If you are new to silence it may feel strange at first, however people report they enjoy the silence and feel proud of themselves that they could do it. The team are always on hand if you need to break silence.

Can I use my phone on retreat?

On the in-person retreats we ask that you leave phones switched off. This is to help inner contemplation (yours and others) and so you can enjoy the uninterrupted pleasure of not being distracted by technology. If you need to be contactable by family- put your phone on silent and try not to be tempted to fall into the social media/ email rabbit hole.

Is sharing in a group required?

Sharing is always optional. You can participate in whatever way feels right for you although people often say that sharing within a supportive community is one of the highlights.

Is there free time?

Yes. The retreat includes guided sessions and unstructured time for rest and integration.

What should I bring?

In-person retreats: Comfortable clothing, layers for outdoors, indoor shoes (we are asked not to wear outdoor shoes indoors), mat/blanket/cushions/ meditation gear (if you don't have this, we will bring spares), and anything that supports your comfort.

Online retreats: Comfortable clothing, mat/blanket/cushions/ meditation gear and anything that supports your comfort.

What is your cancellation policy?

We request a deposit for the weekend retreat which is non-refundable. Any amount paid above this will be refundable upon cancellation within 14 days of the retreat. For day retreats we have a cancellation policy of 14 days before the event for a full refund.

Are retreats accessible?

We aim to make retreats as accessible as possible and can discuss individual needs in advance to support your participation.

In-person Retreat Venue, Accommodation and Food



The in-person retreat is held at **Brinscall Hall**, Dick Lane, Brinscall, Chorley, **PR6 8QL** <https://schoolofphilosophynorthwest.org/brinscall-hall/> a homely grand manor house set within beautiful gardens and surrounded by the rolling Lancashire hills. It offers a peaceful, welcoming setting to slow down, rest, and reconnect with nature.

Accommodation is in spacious shared rooms for 2–4 people, with single beds (no bunk beds). Bathrooms are shared and located on the same floor. There are single rooms which can be allocated on request for medical reasons or concerns about snoring affecting others.

There is one accessible ground-floor room with private accessible bathroom, and the option to stay in a campervan on the grounds. There is no difference in price between accommodation options.

Food

We serve plentiful, homemade vegan food, prepared by an experienced retreat cook who receives consistently great feedback. Refreshments and biscuits available throughout the day. We do our best to cater for dietary requirements, please let us know as early as possible if you have any. Dairy milk is available. Please do not bring meat or fish on to the retreat.

Travel

If you are **traveling by train**, it is an 11minute drive from the station, £13-£16 in a taxi, let us know your arrival time, we will do our best to link you with others arriving at similar times.

If you are **arriving by car**, please let us know your estimated time, and if you would be happy to swing by the train station to collect others. Use postcode for sat nav and when at the end of Dick Lane turn LEFT (sat nav might tell you to turn right).