

HOLY ISLAND RUG RETREAT

2014



Heather Ritchie invites you to join the 2014 Rug Retreat which is to be held on the breathtaking Holy Island off the coast of Northumberland from **Monday 28th April 2014** until **Friday the 2 May 2014**.

The chosen theme is *Flora and Fauna* , which lends itself to both the spiritual, and natural, beauty of the island from which we can no doubt gain lots of inspiration, do a spot of beachcombing and gather accessories for our rugs. However, if you would rather work on your current project or start a new rug then you are free to do so.

The aim of the week is to provide restful but stimulating workshops with opportunities to make friends and share ideas. Heather will lead the workshops and will be help in Cambridge house. A selection of materials, patterns, and tools etc will be available for purchase or to borrow. Expert tutoring, helpful advice, tips and techniques!! . Mary Gunn an island resident who gave us our wonderful massages last year is going to take us on an informative walk around the island and we will have periods of meditation for those who would like to take part.

Heather can be contacted on 01748 884435, website www.rugmaker.co.uk email heather@rugmaker.co.uk

Accommodation:

Accommodation is at Marygate House and Cambridge House. Single rooms are available but limited. Please state on the booking form if you wish to share rooms with friends. If you have limited mobility please note there is no lift within either house. However, if you prefer to register as a non-resident there are many other forms of accommodation on the island. Please contact Northumberland Tourist Information Board for details

Please Note: This is a Christian retreat centre and holds regular quiet times for spiritual prayer. You are welcome to attend these, however, if you choose not to, please respect their request for silence during these times.

Meals

Meals are prepared and served in Marygate House by the centre staff and are simple but plentiful. If you have special requirements please state these on your application form.

Costs (including workshop)	Deposits	Full amount
Residents	£60	£260
Non-residents	£60	£160

TIMETABLE

Workshops:

These will be held in Cambridge House a few yards down the road from Marygate House on the left. The workshops will be: Monday 2pm-4pm; Tuesday, Wednesday & Thursday 10am-4pm;

Vacating both houses after breakfast on the Friday (leaving you free to make own arrangements – perhaps meeting up on the mainland??)

Evenings are free for you to continue with your project, use the opportunity to explore the island or just relax with friends.

IMPORTANT TIDE INFO:

Due to **tidal crossings** the Retreat begins on Monday at **2pm**, giving time to arrange own lunch.

	Safe to cross	Unsafe to cross	Safe to cross	Unsafe to cross
Mon 28	06:20 until 12:40	12:40 until 18:40	18:40 until 01:05 (Tue)	01:05 (Tue) until 07:10 (Tue)
Tue 29	07:10 until 13:20	13:20 until 19:35	19:35 until 01:45 (Wed)	01:45 (Wed) until 07:50 (Wed)
Wed 30	07:50 until 14:05	14:05 until 20:15	20:15 until 02:30 (Thu)	02:30 (Thu) until 08:25 (Thu)
Thu 1	08:25 until 14:55	14:55 until 20:45	20:45 until 03:15 (Fri)	03:15 (Fri) until 08:55 (Fri)
Fri 2	08:55 until 15:40	15:40 until 21:10	21:10 until 04:05 (Sat)	04:05 (Sat) until 09:20 (Sat)

BOOKING:

Please fill in attached booking form with appropriate details.

Please note: a) Spaces are limited and therefore are on a first come basis

Booking Form

Name	Address	Contact number	Email

Please tick

Resident Non-resident

Single room Shared room

I would like to share my room with

Please state if you dietary requirements

.....

Please state if we need to be aware of any medical condition e.g. diabetes

.....

Emergency contact

Name	Relationship	Contact number

Deposit Full payment

Please forward Payment and Completed booking form to:

Heather Ritchie, Greencroft, Reeth, Richmond, North Yorkshire, DL11 6QT