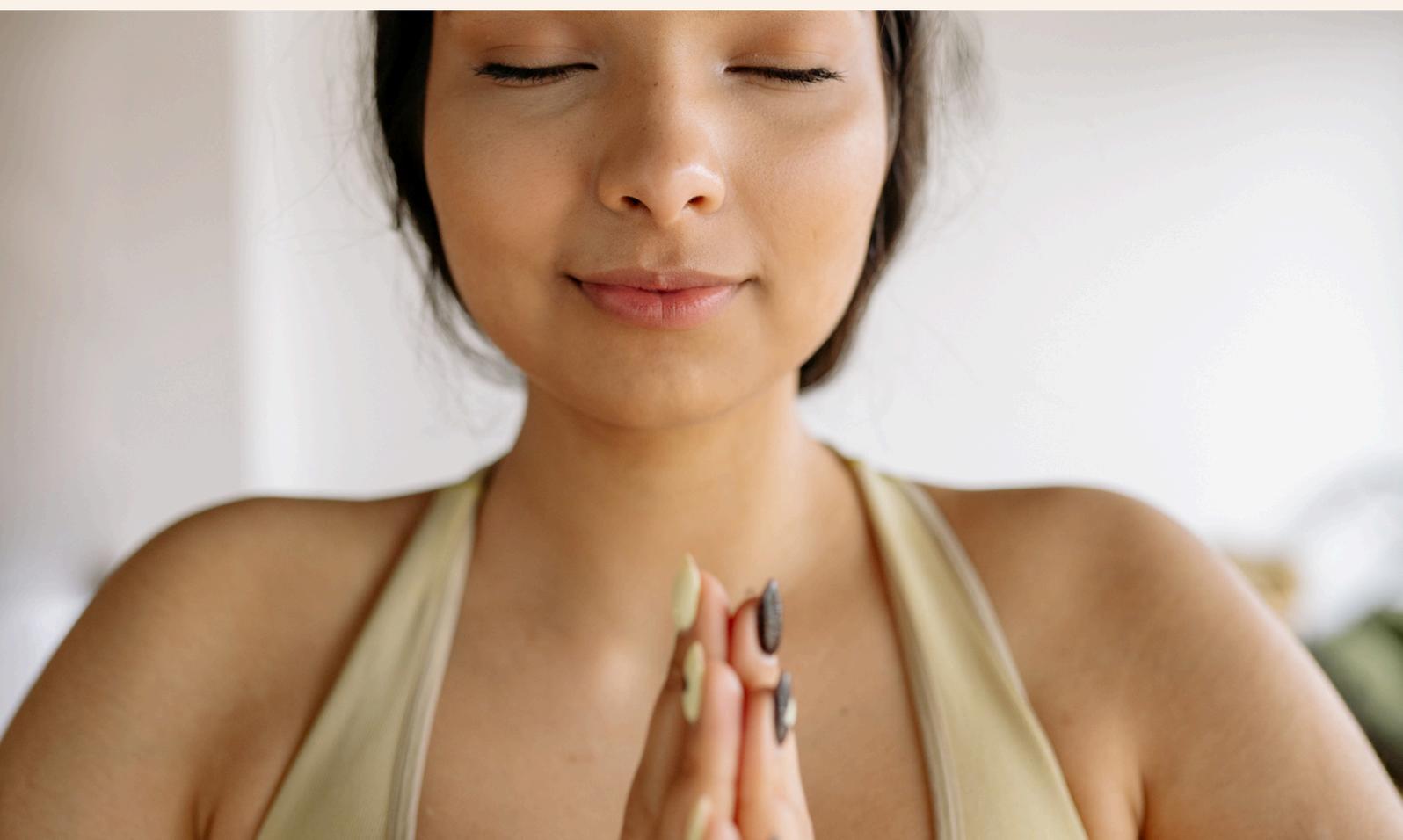


THE
Barn

EVENT BROCHURE

THE BARN WELLBEING RETREAT CENTRE



WWW.RETREATTOTHEBARN.CO.UK

THE BARN WELLBEING RETREAT CENTRE,
NR. SHIPSTON ON STOUR, BRAILES,
OX15 5JH

WELCOME TO THE BARN



The Barn is a calm, characterful retreat space, designed for thoughtfully curated group experiences.

We host a range of bespoke events, from hen gatherings and private celebrations to corporate retreats and wellbeing days. Each is shaped around your group, with a focus on pace, space and intention.

We don't offer fixed packages. Instead, we create something considered and quietly distinctive, allowing your time here to unfold naturally.

Tucked away in the North Cotswolds countryside, The Barn is available for private hire seven days a week.

Designed for thoughtful, unhurried experiences, the space brings together in-house treatments, considered catering, and a curated selection of creative and wellbeing-led activities, allowing each day to be shaped with care.



Full-day private retreats begin from £135 per person, with half-day experiences from £75.

Minimum group size 5.

ACTIVITIES



Whether you're joining us for a hen celebration, a birthday, or a corporate team day, we offer a carefully curated collection of activities to shape your time here.

From grounding, restorative practices to creative, hands-on experiences, each option is chosen to complement the space and the pace of the day.

You can keep things slow and spacious, or build a more structured programme, depending on what feels right.

We'll guide you in selecting a combination that flows naturally, creating an experience that feels considered, cohesive, and entirely your own.

Full-day retreats include both morning and afternoon refreshments, along with a seasonal lunch. Half-day experiences include refreshments.



★ ★ ★ ★ ★

I had my hen party at The Barn at the weekend and I just wanted to say thank you. It was a gorgeous day full of restoration and relaxation - exactly what I wanted with my friends and family. Thank you for being so welcoming and for running the day so smoothly. I wouldn't hesitate to recommend you for a hen party!

- JADE

ACTIVITIES

WELLBEING & MOVEMENT

- Immersive soundbath*
- Yoga
- Pilates
- Yogalates
- Meditation
- Breathwork
- Dance*
- Group Reiki
- Foraging*

PREMIUM ADD ON'S

- Pottery workshop*
- Wine tasting*
- Cocktail making*
- Wild sauna*

CREATIVE & HANDS ON

- Watercolour painting
- Still life drawing
- Flower crown workshops*
- Macramé workshop
- Kintsugi workshop*
- Clay building

CORPORATE OPTIONS

- Heath & wellness workshops*
- Business skills workshops*
- Team building*
- 1:1 Coaching*
- Wild sauna*

If there's something specific you have in mind that isn't listed, we'd be pleased to explore sourcing it for your event. Activities marked with an asterisk (*) may incur an additional cost.

DINING

Food at The Barn is simple, thoughtful, and carefully sourced.

Full-day retreats include morning and afternoon refreshments, along with a seasonal lunch. Refreshments include tea, coffee, fresh juices and smoothies, while lunch is centred around nourishing Buddha bowls and a light dessert, prepared using locally sourced ingredients wherever possible.

We are able to cater for a wide range of dietary requirements and allergies with care and attention.

For those looking to elevate the experience, menus can be enhanced to include options such as freshly baked pastries, more extensive lunch selections, or additional courses. Alcohol can also be included if you wish to mark the occasion.

Half-day experiences include refreshments, with the option to add lunch.



TREATMENTS

To deepen the restorative feel of your time at The Barn, individual treatments can be woven into your day.

These offer a quiet pause within the programme, creating space to fully unwind. They can be included as a moment of stillness during shorter visits, or as a gentle addition to longer retreat days.

Treatments begin from £40 for 30 minutes. A range of therapies may be available depending on your group size and schedule, and we'll guide you in selecting options that complement the flow of your day.



★ ★ ★ ★ ★

The team are truly excellent and full of useful knowledge. I have learnt so many useful things today. I genuinely can't recommend The Barn enough and I just wish I had known about it earlier. Thank you again from the whole team. You really make a difference.

- DAN N

INFORMATION

GROUP NUMBERS

Group sizes typically range from 5 to 25 guests for a single shared experience. For larger bookings, we can accommodate up to 40 guests by dividing the day into two parallel groups, allowing each to move through different activities before coming back together. Please note that a small number of activities may require a minimum of 8 participants.



ACCOMMODATION

While The Barn is a day retreat space and does not offer on-site accommodation, we have established relationships with a selection of nearby hotels and can offer preferential rates for our guests.

If you're planning an overnight stay, we'd be happy to share recommendations and make introductions. We can also assist with arranging relaxed evening dining at a local pub to complement your time here.

FIND US

Tucked away in the North Cotswolds countryside, The Barn is easily accessible while feeling a world apart.

We are approximately 30 minutes from Stratford-upon-Avon and the M40, and around an hour from Oxford.



The Barn Wellbeing Centre,
Brailes,
Shipston-on-Stour
OX15 5JH



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CONTACT US



To find out more or begin planning your time at The Barn, please contact us at info@thebarnretreats.co.uk.