



EVENT BROCHURE

THE BARN WELLBEING RETREAT CENTRE



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

WELCOME TO THE BARN



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

We welcome a range of celebrations — from hen gatherings and birthdays to private events and wellbeing days — each shaped to feel relaxed, meaningful and easy to enjoy.

Every day is thoughtfully put together, with a balance of activities, food and time to unwind.

Full-day experiences begin from £135 per person, with half-day options from £75.
Minimum group size 5.



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

ACTIVITIES



Whether you're planning a hen celebration, a birthday or a private gathering, we'll help you shape a day that feels stress free, relaxed and easy to enjoy.

You can choose a combination of activities to suit your group — from calming, restorative sessions to creative, hands-on experiences — with plenty of time in between to unwind, chat and enjoy the space.

Most groups opt for a mix of two to four activities across the day, creating a natural rhythm without feeling rushed.



★ ★ ★ ★ ★

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*

ADDITIONAL EXPERIENCES

- 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
- Mala beads workshop
- Aromatherapy Candle Making Workshop

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 above the standard £135 per person.

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 shared boards prepared using locally sourced ingredients wherever possible.

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

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. We do not hold a licence; however, you are welcome to bring your own alcohol.

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 built into your day.

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



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



www.retreattothebarn.co.uk



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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**.