

RIVERSDALE LODGE

The Healing Health Joy Collective welcomes you to our new 20 bed retreat centre, Riversdale Lodge.

Join us in this riverside oasis in Bourne End, Buckinghamshire.

We are here to help you create beautiful, transformational and memorable wellness retreats, corporate events, workshops and supper clubs in our beautifully renovated 1890s house, only 40 minutes from London.



THE STUDIO

Healing
Health Joy
Collective



The central studio is 35 by 21 feet and can comfortably accommodate 20 mats plus teacher. Lit from above via 3 huge rooflights, it is a wonderful, embracing space. At night you can see the fairy lights of the roof terrace. There is underfloor heating, an intuitive sound system, 20 sets of yoga mats, bolsters, straps, eye masks and cork blocks, and 40 cork bricks.



THE HOUSE



The main kitchen is a large, light space that incorporates cooking, dining and seating areas. The prep kitchen is immediately adjacent, to hide mess from the guests. The dining table extends to seat up to 20. The soft seating area includes 2 three-person sofas, 2 armchairs, and several meditation pouffes set around a Scandinavian wood burning stove.





The glazed wall of the main kitchen opens directly to a spacious limestone terrace, centred on a calming reflection pool. This area can comfortably accommodate 20 in teak outdoor furniture including 2 daybeds, 2 armchairs and around 2 large tables. There is also a fire table and a BBQ.





LUXURIOUS LIVING

Next to the studio is a further, fully equipped kitchen, with a fridge, freezer, double oven, induction hob, sink, dishwasher and a full tea service, plus additional laundry facilities.

There are several spacious living rooms, including a sumptuous drawing room with a four-person sofa, 2 love seats, log burner and TV. There is a cosy cinema room with TV and piano and a study, ideal for art work. These rooms can be dressed as further bedrooms.



THE RIVERSIDE GARDENS

A long, tree-lined garden stretches from the house all the way to the river's edge, ending in a large jetty overlooking the Thames and Cookham Moor beyond. The large, flat lawn is an idyllic location for outdoor yoga. The riverside kitchen is equipped with an oven, an induction hob, a sink, and a fridge, as well as a complete tea service.





The river is home to 42 different species of birds, including two swan families who forage under the weeping willow. The moorlands are a peaceful background to the jolly sight of boats gliding up and down the river.

In the boatshed you will find 2 paddleboards, a canoe, and life jackets. We partner with a paddleboard company that can bring all the equipment, instructors and paddleboard yoga instructors needed to run a river adventure or paddleboard yoga session*.

You can also use the slipway to enjoy the healing effects of wild swimming*.

*needs a signed waiver





Above the studio is our roof garden, planted with medicinal herbs and fresh vegetables. The sun graces the roof garden from the early morning, making this an ideal spot for a quiet tea to start the day.

At the end of the garden is our Meditation Orb, a warm, cosy space lit by twinkling lights, perfect for individual or small group meditation, looking out onto the river.

There is a second fire pit on the jetty, next to the outdoor kitchen and barbeque, perfect to enjoy the sun setting over the river.





THE BEDROOMS



The bedrooms are finished to the highest standard, with single beds, beautiful decor and luxurious carpets with underfloor heating. The bathrooms are spacious and superbly fitted with marble surfaces and Italian fittings.

The River Suite - This is the principal suite, adjacent to the idyllic roof terrace and with stunning views down the garden to the river. It is over 700 square feet, has a superking size French bed, a freestanding stone bath and a luxurious ensuite with a two-person shower. 2 additional beds can be added to this room, if Peacock and Kestrel are single occupancy.

Robin - An airy vaulted room with 3 single beds and ensuite. This room faces west and south.

Heron - The historic master suite, this large room offers one double and 2 single beds and an ensuite. The room faces south and west and looks down to the river.

Red Kite - This double aspect room is bright and airy. It has 2 single beds and an ensuite.

Grebe - This room faces east and is bright and airy. It has 2 single beds with access to the shared main bathroom that has both a shower and a bath.

Kingfisher - A bright, double-aspect room with 2 single beds and access to the shared main bathroom with both shower and bath. A third single bed can be added if Peacock and Kestrel are single occupancy.

Peacock (Study) - Situated on the ground floor, with a large south-facing window and also windows to the east. This bright room can have 2 single beds in place of the sofas, and access to a shared ground floor shower room. It is spacious and also includes a table for 4.

Snowy owl - Situated adjacent to the studio, this room has 2 single beds and a sofa that can be swapped out for another bed. This room has space for a massage table and is ideal for teachers' use. It has access to the ground floor shared shower room.

Kestrel (Cinema) - Directly off the studio, this room can be set up as a cinema room, with a TV connected for entertainment or presentations with sofas and love chairs, or the sofas can be swapped for 2 single beds. It has access to the shared ground floor shower room.

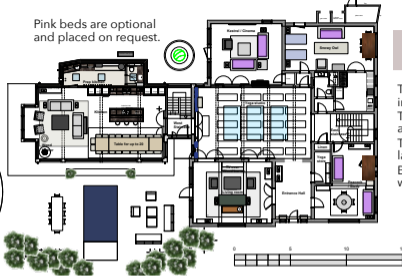
There is plenty of further accommodation within a short hop of the studio.

The Chequers Inn - 5 mins drive
Bel and the Dragon - 10 mins walk
A luxurious boat with accommodation for 4 can also be moored on our jetty - see www.magpiesandbutterflies.com

Airbnb also has lots of options.



Pink beds are optional and placed on request.



The study and cinema can be used as extra bedrooms with luxurious Sleepzee mattresses in place of the sofas.

The main roof garden is accessed from both landings and is the perfect sun trap, while the river suite has a private balcony.

On-site housekeeping support is housed in a separate apartment.

FIRST FLOOR >

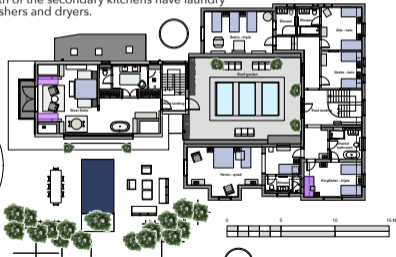
< GROUND FLOOR

The entire ground floor is finished throughout in smoked oak over underfloor heating.

The studio is at the heart of the house and can accommodate 20 mats plus teacher.

There is a convenient WC off the studio and a large store for mats etc. in the hall.

Both of the secondary kitchens have laundry washers and dryers.



LUXURIOUS ACCOMMODATION



Our bedrooms feature superb Sleepzee beds with beautiful soft bedding and luxurious heated carpets.

The River Suite is exceptional, with stone tub and wonderful views of the river.





The newly fitted marble bathrooms have elegant Italian fittings, heated oak floors and the softest towels.



THE MOTORHOME

Our modern, luxury 30 foot motorhome is available on site for providers to use as extra accommodation. It has 2 single beds plus a small double bed and is beautifully fitted out, with full central heating, a shower and a toilet.



THE CATERING

The main kitchen is fully equipped with stone surfaces, 2 large fridges, freezer, 2 ovens, microwave, induction hob, filtered boiling tap, dishwasher, plenty of pans and trays, and crockery and cutlery for 20.

The adjacent prep kitchen has a second dishwasher and private space for prep, mess and washing up. Off the prep kitchen is a convenient WC.

Just off the studio is a further fully equipped kitchen, allowing for a separate tea / snacking station and alternative catering options. There is separate access to this kitchen from the rear gates, away from the guests.





YOUR HOSTS

Riversdale Lodge is a family-run retreat centre. We are supported by the wonderful members of the Healing Health Joy Collective, a community of like-minded wellness practitioners.

Romeo is our resident Support Cat who defines being comfortable in his own skin - and always ready for a cuddle!

We welcome you to explore the HHJC community, and the other activities that can be incorporated into your retreat.

We are connected to:
Yoga teachers, Life Coaches and NLP practitioners, Qigong and Tai Chi teachers, Nutritionists, Masseurs, Sound and Body Therapists, Art Therapists, EFT, Reiki practitioners, Shamans, Story tellers, Feng Shui experts, Light workers and paddle boarding instructors.

We can also help you set up workshops for meditation, breathwork, mindful singing, cacao ceremonies, cookery courses and boat trips.

For more info on all the teachers please look at:
www.healinghealthjoycollective.co.uk/our-teachers



LOCATION

Riversdale Lodge, Riversdale, Bourne End, SL8 5EB
Just off junction 2 of the M40 and junction 7 of the M4 - 40 minute drive from Notting Hill, 60 minutes by train from The City
Nearest train stations are Bourne End (15 minute walk)
Beaconsfield (20 minutes from Marylebone plus 15 minute taxi)
Maidenhead (25 minutes from Paddington plus 15 minute taxi)

FEES

Please contact us to discuss our sliding scale of charges.

Teachers have access from 12.00 on Friday to 16.00 on Sunday.
Clients from 16.00 on Friday to 15.00 on Sunday. Please call if you would like to hold a retreat on a different day or at different times or to add extra nights .

www.healinghealthjoycollective.co.uk

RIVERSDALE LODGE



There are many beautiful walks along the river or up the hill to look down across the valley or into the woods.

Cliveden National Trust - 5 mins drive

Hot tub and pizza oven hire also available.

Logs supplied for all fires.

The logo for Healing Health Joy Collective is a green circle containing the text "Healing Health Joy Collective" in a green, cursive font.

Healing
Health Joy
Collective

