

Residential  
*Mindfulness*  
Camp

2 night residential retreat  
Wirral, Merseyside

Hosted by Anchorhaven & Chakra Shed



An invitation to come on a mindful journey and sister experience  
Friday 16th to Sunday 18th August 2024 | £300 per person



*The mindfulness*  
Package

2 nights stay - dorm style accommodation

All meals and refreshments

Workshops including:

- Kundalini Yoga (with introduction)
- Tai Chi (with Introduction)
- Mindful Dot Art Painting
- Group Crystal & Reiki Healing
- Mindful Meditations
- Crystal Singing Bowl Sound Bath

plus more.

**PLEASE BOOK IN ADVANCE AT  
[WWW.ANCHORHAVEN.CO.UK](http://WWW.ANCHORHAVEN.CO.UK)**

# Residential Mindfulness Camp



## Meet your hosts



**Nicky Kewley**

Nicky is a qualified holistic therapist, Reiki Master and energy healer with a corporate background including business development. Founder of the Chakra Shed.



**Julia Cornelius**

Julia is a Reiki Master Teacher, Chakra Wellness Coach, Quantum Crystal Therapist and Access Consciousness Practitioner. Anchorhaven was founded whilst Julia was living in India.



Nicky Griffith  
Meditation  
Crystal Singing Bowl  
Sound Bath

Gyongi Liu  
Kundalini Yoga  
Mindful Dot Art

## In Collaboration with:



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## How to get there:



### **Bidston Observatory, Wilding Way, Prenton, Wirral, CH43 7RA**

By Mersey Rail, from Liverpool Loop Line:

Take the metro, in the direction of New Brighton or West Kirby and get off at Birkenhead North.

This journey will take about 12 minutes, then it is about a 20-minute walk to the Observatory, which includes the small hill of Wilding Way.

Argyle Taxi Service on: +44 151 201 1111

taxi from Lime Street or William Brown Street. This will cost around £25 and will include tunnel tolls.

By car:

On the M53, take the A554 exit, junction 1, towards Wallasey / Birkenhead. Continue on the A554 along Hoylake Road, turn right down Worcester Road and then right again up Wilding Way. The observatory is at the top of the lane, to the left. There is limited free parking available onsite.

From Manchester Airport:

Take a train from the airport to Liverpool Lime Street, then follow instructions below. It'll take about two hours and cost around £27. Buying train tickets online on Trainline can sometimes be cheaper.

From Liverpool John Lennon Airport:

Take the bus to Liverpool South Parkway train station, then take a train to Liverpool Central, and follow instructions below. The total journey is about an hour, and costs around £10. (Ask for a 'day saver' including Birkenhead.)

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## Joining instructions - Friday 16th August

Arrival information will be emailed out the week before.

Please keep us updated with your progress in the whatsapp group.

Schedule of events will be finalised the week before.



### Friday 16th August

- Arrival from 4pm onwards
- Get settled and explore the grounds
- 7 pm dinner
- Sound Bath Meditation and sharing circle.
- Chill out time

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## Terms & Conditions



Tickets purchased via a payment plan are to be paid in full by 12th July 2024.  
Cancellations before this date will receive a full refund (minus £75 fee).  
Cancellations made after 12th July will receive a credit only towards the next retreat or event (minus £75 fee).

Arrival on Friday 16th August from 4pm.

Departure on Sunday 18th August from 4pm (or earlier if required).

Food and drink are provided. Food will be mainly vegetarian but some meat snacks may be provided.  
Dietary requirements - we will do our best to cater to your needs. Please let us know when booking if you have any requirements.

Please note: we will not be serving any alcohol on our wellness retreats.

Accommodation - Bidston observatory has a number of room options available.

2 dorm style rooms (one has bunk cabins) and shared rooms for 2-3 people.

There is an accessible bedroom on the ground floor and all other bedrooms are on the first floor.

**Please note this location does not have a lift.**

There is an accessible bedroom on the ground floor and all other bedrooms are on the first floor.

This venue has 3 floors (varying size stair cases) and activities will be spread throughout the building as per the size of the workshop and depending on the weather we may use the outdoor lawn and roof top dome.

Inclusivity - We understand people have varying levels of fitness and mobility.

We strive to create workshops and spaces to accommodate everyone's needs so far as reasonably practical. Alternative activities or free time may be offered if you are unable to take part in an activity.

Please do message us if you have concerns and we can discuss what is possible.  
[info@anchorhaven.co.uk](mailto:info@anchorhaven.co.uk)

We look forward to spending this experience with you, many blessings, Nicky & Julia