

# A 'lightly led' Walking 2-day Retreat based at Llangasty Retreat House overlooking Llangorse lake



## BREATHING SPACE

*A gentle guided walking  
Retreat*

**Fri 2nd -Sun 4th May  
2025**

Come & be gently guided through fields, lanes, bridleways & woodland, letting the beauty of the natural world & the rhythm of your feet soothe you. This retreat's aim is to enable you to take some much-needed time out of your busy schedule, helping you to relax, get some gentle exercise, & be nurtured by the beauty of this exceptional place.

Sarah Price, your walk leader, has recently been leading well-being walks & reflective rambles as a Local missionary for the Herefordshire diocese, and is a qualified lowland walk leader with her own walking business, therefore if you are a keen walker, or if you are a beginner, you are all welcome & are in safe hands.

There will be some hills, but no mountains, and all walks will be taken at a very easy pace with plenty of time to stop and admire the views. There will be pauses along the routes with poems and reflections using the Celtic Christian tradition, along with other sources.

**To book: 01874 658250 enquiries@llangasty.com**

Arrive 4pm Friday, to settle in before supper, depart Sunday afternoon.

**Cost: £275**

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