



NEWS: Monday 12th May 2008

Burpham Country House invites you to nurture body and soul at their exclusive retreats throughout May, June and July

Three local Sussex suppliers, Burpham Country House, Rest of Your Life, and Chrysalis Complementary Therapy have teamed up to offer retreats for those wishing to celebrate the beauty of the Sussex countryside while taking time out to relax and contemplate.

Short retreats or day sessions at Burpham Country House allow people to nurture soul and body through a combination of massage therapy, life coaching sessions and lunch in beautiful location. Full details available at www.burphamcountryhouse.com

"Mindful in May" - Two or four day coaching retreats for those ready to celebrate spring.

How do you reflect on spring's new growth? Where do you most want to blossom in 2008?

June "Walking and Reflecting" Retreat - Two days of gentle exploration of your journey through life.

Amble along the Arun valley, or on the South Downs with your Retreat Coach. Look to nature for the signposts that give you direction. Using the metaphor of the "Journey of Life", let's seek out inspiration and learn from nature. Suitable for those who enjoy easy to moderate walks.

June "I am a Woman Nurturing myself" - Day of contemplation, coaching, and nurturing through complementary therapy. Good Food as well!

July "Colours of summer" Retreat - Two days surrounded by the vibrancy of colour.

How do we reflect summer in our lives? We will be doing some creative exercises in writing, drawing and colour therapy, whilst relaxing in Sussex. Enjoy sitting outside in the wonderful gardens of Burpham Country House with the scents of evening drifting across the South Downs. We encourage you to bring your sketchpad, binoculars or journal. Time to be... and to learn more about who you really are.

Burpham Country House

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Rest of Your Life

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Burpham Country House & Restaurant www.burphamcountryhouse.com

The building dates from 1710, when it was first a hunting lodge, first for the Duke of Norfolk and then for one Squire Goble. It has since seen life as a rectory and a school. At the turn of the 19th century it was home to the Reverend Foster, a great naturalist and friend of Ruskin, who made a number of alterations to the house. It then became home, until 1936, to the Reverend Tickner Edwardes, a great polymath, who, as well as being vicar of Burpham, was also a master beekeeper, novelist and early film-maker (his film 'Tansy' was shown at the British Film Institute). Strangely, he was also a 'father of hitch-hiking', his book 'Lift-Luck on Southern Roads' being the earliest known work on the subject.

The house, in its incarnation as a hotel, has been a temporary home for film stars such as Diana Dors, an R&R retreat for the pilots at Tangmere, and for royalty in the form of Prince Edward. Its previous residents have not, however, entirely left. The ghost of a lady in yellow crinoline, thought to be a school governess, has been seen fairly recently in one of the rooms and in the lounge. As with any hotel, previous histories speak of bodies found in trunks and murdered horsemen in the well.

In recent years, the house had been used as a weekend bed and breakfast.

Rest of Your Life www.restofyourlifeuk.com

Founder of "Rest of Your Life" Dorothy Larios started her journey in Scotland, leaving in 1978 to live in Athens. There, having a special needs child led her to create a voluntary sector organisation to support families with special needs children. Her experiences inspired her to train as a support group leader and as a special needs coach. On her return to Britain, she retrained as a personal and executive coach and she now runs a successful coaching consultancy in Sussex.

Helping others to unravel the complexities of their lives, whilst still being surrounded and immersed in them, prompted Dorothy to develop the concept of the 'coaching Retreat'. She believes that most of us benefit enormously from stopping and stepping outside our normal environment - even for a short time.

Inviting her clients to step outside the home or office to meet and work with her in beautiful rural settings suddenly opened up a whole new way to communicate!

Dorothy has taken the original 'retreat' concept and added some more: beautiful surroundings, comfortable venues, personal coaching and a range of complementary health therapies. With Rest of Your Life, your possibilities are endless...