

G & R

Ground & Grow

THE PIG



&
Cabilla

CORNWALL

The Pig x Cabilla Cornwall | Ground & Grow Retreat schedule

24th-26th November 2023

Day 1 // WELCOME + SETTLE

4:00pm Arrive at THE PIG at-Harlyn Bay
4pm for hot mint tea and freshly baked cakes

5:00pm-7:00pm Meet other retreat guests,
settle into your room and breathe!

7:00pm Welcome Supper hosted by Merlin and Lizzie. Introducing the weekend, the collaboration and setting the scene. Guests will experience a three course 25 mile menu curated for the Ground & Grow Retreat - with physiological relaxation in mind.

8:30pm After dinner speaker Sophie Pavelle, a leading author in the natural world, will give a short talk on her latest book 'Forget-Me-Not' about Britain's Forgotten Species.

9:00pm Herbal tea served and all guests given a Grounding Retreat notebook to capture any thoughts from the day, with a bespoke created meditation and grounding fragrance to burn before bed.

Day 2 // INTEGRATE + GROUNDING

7:30am-9:00am Hearty Breakfast at THE PIG
09:00am-09:45am Travel to Cabilla Cornwall
10:00am-10:15am Hot tea, and settling in

10:30am-11:30am A gentle movement and meditation class, created specially for our guests, set to the earthy and grounding classical tones of the cello for an unforgettable moment. Led by one of our expert facilitators Pippa.

11:45-1:45pm Private Guided Tour of ancient and rare Temperate Rainforest with Merlin. Opportunity to plant your own tree as part of our Thousand Year Trust Charity initiative. Meet our Cornish Pig Gloria. Barefoot walk (optional)

1:45pm-5:30pm Travel back to THE PIG for a late lunch, and free time. Think naps, reading by the fire, maybe a sauna, or an afternoon of blissful Potting Shed treatments.

6pm Kitchen garden cocktails followed by an informal group supper, where the love for local produce at THE PIG is shared.

Day 3 // GROW + REFLECT

7:30am-09:30am Breakfast and free time to stay in bed or rise with the larks.

10:00-12:00 Wild dips, wild bathing and a beach side sauna at Harlyn Bay.

12:30-2:30pm Our last lunch altogether, goodbye gift bags given as a final surprise and hugs all round.

Optional to stay on at THE PIG and while away the afternoon till 5:30pm – or why not make another night of it?

The Pig x Cabilla Cornwall | Ground & Grow Retreat schedule

19th-21st January 2024

Day 1 // WELCOME + SETTLE

4:00pm Arrive at THE PIG at-Harlyn Bay for hot mint tea and freshly baked cakes.

5:00pm-7:00pm Meet other retreat guests, settle into your room and breathe!

7:00pm Welcome Supper hosted by Merlin and Lizzie. Introducing the weekend, the collaboration and setting the scene. Guests will experience a three course 25 mile menu curated for the Ground & Grow Retreat - with physiological relaxation in mind.

8:30pm After dinner speaker Lucy Jones, journalist and bestselling author of *Losing Eden* and *Matrescence*, will give a short talk about rewilding our minds and the positive effects of human connection with the natural world.

9:00pm Herbal tea served and all guests given a Grounding Retreat notebook to capture any thoughts from the day, with a bespoke created meditation and grounding fragrance to burn before bed.

Day 2 // INTEGRATE + GROUNDING

07:30am-09:00am Hearty Breakfast at THE PIG.

09:00am-09:45am Travel to Cabilla Cornwall.

10:00am-10:15am Hot tea, and settling in.

10:30am-11:30am A gentle movement and meditation class, created specially for our guests, set to the earthy and grounding classical tones of the cello for an unforgettable moment. Led by one of our expert facilitators Pippa.

11:45am-1:45pm Private Guided Tour of ancient and rare Temperate Rainforest with Merlin. Opportunity to plant your own tree as part of our Thousand Year Trust Charity initiative. Meet our Cornish Pig Gloria. Barefoot walk (optional).

1:45pm-5:30pm Travel back to THE PIG for a late lunch, and free time. Think naps, reading by the fire, maybe a sauna, or an afternoon of blissful Potting Shed treatments.

6pm Kitchen garden cocktails followed by an informal group supper, where the love for local produce at THE PIG is shared.

Day 3 // GROW + REFLECT

7:30am-09:30am Breakfast and free time to stay in bed or rise with the larks.

10:00am-12:00pm Wild dips, wild bathing and a beach side sauna at Harlyn Bay.

12:30pm-2:30pm Our last lunch altogether, goodbye gift bags given as a final surprise and hugs all round.

Optional to stay on at THE PIG and while away the afternoon till 5:30pm – or why not make another night of it?

The Pig x Cabilla Cornwall | Ground & Grow Retreat schedule

Friday 8th- Monday 11th March 2024

Day 1 // WELCOME + BREATHE

4:00pm Arrive at THE PIG-at Harlyn Bay
4pm for hot tea and cake.

5:00pm-7:00pm Meet other retreat guests,
settle into your room, breathe!

7:00pm Welcome Supper hosted by Merlin and
Lizzie Hanbury-Tenison. Introducing the
weekend, the collaboration and setting the
scene. Guests will experience a three course 25
mile menu curated for the Ground & Grow
Retreat.

8:30pm After dinner speaker Emma Lucy
Knowles, a leading coach, meditation guide and
author, will give a short talk on manifestation,
rituals, intention setting and how listening to
your intuition can bring growth.

9:00pm Herbal tea served and all guests given a
Ground + Grow Retreat notebook to capture
any thoughts from the day, with a bespoke
created meditation and grounding fragrance to
burn before bed.

Day 2 // SETTLE + INTEGRATE

7:30am-9:00am Hearty Breakfast at The Pig.
09:00am-09:45am Travel to Cabilla Cornwall.
10:00am-10:15am Hot tea, and settling in.

10:30am-11:30am A gentle movement and
meditation class, created specially for our guests,
set to the earthy and grounding classical tones of
the cello for an unforgettable experience. Led by
one of our expert facilitators Pippa.

11:45am-1:45pm Private Guided Tour of ancient
and rare Temperate Rainforest. Opportunity to
plant your own tree as part of our Thousand Year
Trust Charity initiative. Meet our Cornish Pig
Gloria. Barefoot walk (optional)

1:45-5:30pm Travel back to THE PIG for a late
lunch, free time, naps, or an afternoon of blissful
potting shed treatments and free time.

7:00pm-9:00pm – Informal group supper, where
the love for the kitchen garden at The Pig is
shared.

The Pig x Cabilla Cornwall | Ground & Grow Retreat schedule

Friday 8th- Monday 11th March 2024

Day 3 // GROUND + AWAKEN

7:30am-9:30am Hearty Breakfast at THE PIG

10:30am-11:30am

Private Guided Tour of the kitchen garden at The Pig by our Head Chef. Opportunity to taste / touch / smell the produce that you will then go on to eat.

12:00pm-1:00pm

Wild dips / wild bathing and a beach side sauna at Harlyn Bay.

1:30pm-6:00pm

Free time to read, relax, write, explore, sleep, meditate, have potting shed treatments and relax.

7:00pm-9:00pm – Kitchen Garden cocktail tasting followed by a delicious group supper.

Day 4 // GROW + REFLECT

7:30am-09:30am Breakfast and free time to stay in bed or rise with the larks.

10:00am-12:00pm Gentle coastal group walk culminating in a grounding, sensorial meditation experience and hot chocolate on the beach with Pippa.

12:30-2:30pm Our last lunch altogether, goodbye gift bags given as a final surprise and hugs all round,

Optional to stay on site at THE PIG and relax for the afternoon till 5:30pm – or why not make another night of it?