

Finding your Centre: A Mindful Men's Retreat

walking

mindfulness

singing

conversation

6 - 8 November 2026

@Holy Rood House

YO7 1HX

with
**Mike Leigh
and Shaun Lambert**



Booking Form: Finding your Centre: Men's Retreat

6 – 8th November 2026

This weekend is designed to help you find your centre, which is different for all of us. Through the process of mindfulness, singing, walking, and conversation, Mike and Shaun will enable us to find an anchor, an inner spacious place and hopefully a sense of community and connection. Come and join our men's weekend with a difference.

Please note that there will be some singing during the weekend but it's nothing to worry about! No previous experience is necessary and you don't need to read music, just a willingness to join in and have fun.

Please complete form or send the information in an email:

Name/s (both names if sharing a room)

Address

Telephone

Email

Please state which type of bedroom you would prefer;
the suggested donation is per person per retreat and includes £10 toward materials:

£305pp (ensuite)

£295pp (shared bathroom or sharing a twin bedroom)

Please state any mobility issues and/or dietary requirements:

If you are travelling by train and would like a lift from the station, please let us know the time your train arrives. The station is a 30 min walk from here and is accessed by steps.

We ask for an **£80** non-returnable deposit to secure your booking, and the full amount to be paid **by 6th October**.

If you pay by bank transfer, please let us know in your email or tick here:

Bank transfer details –

HSBC plc: Sort Code: 40-28-16 A/C no. 41227572

Centre for Health and Pastoral Care. **Reference** Surname6Nov

Cheques payable to **Holy Rood House**

I am a UK Tax Payer (we can claim **Gift Aid** on your donation) **Y / N**

Please send this information to enquiries@holyroodhouse.org.uk
or post to Holy Rood House, 10 Sowerby Road, Thirsk YO7 1HX.
<https://www.holyroodhouse.org.uk/> Tel: 01845 522580