

*avalon*



# RETREAT GUIDE



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“We love coming to Avalon to run our workshops and week-long retreats. It’s vital when you are doing inner work that the external surroundings support you. Avalon is unique, peaceful, spiritually uplifting and supportive. So much loving care and attention has gone into the design and atmosphere it feels healing just to enter the door.”

SERENA GORDON, THE HOFFMAN PROCESS

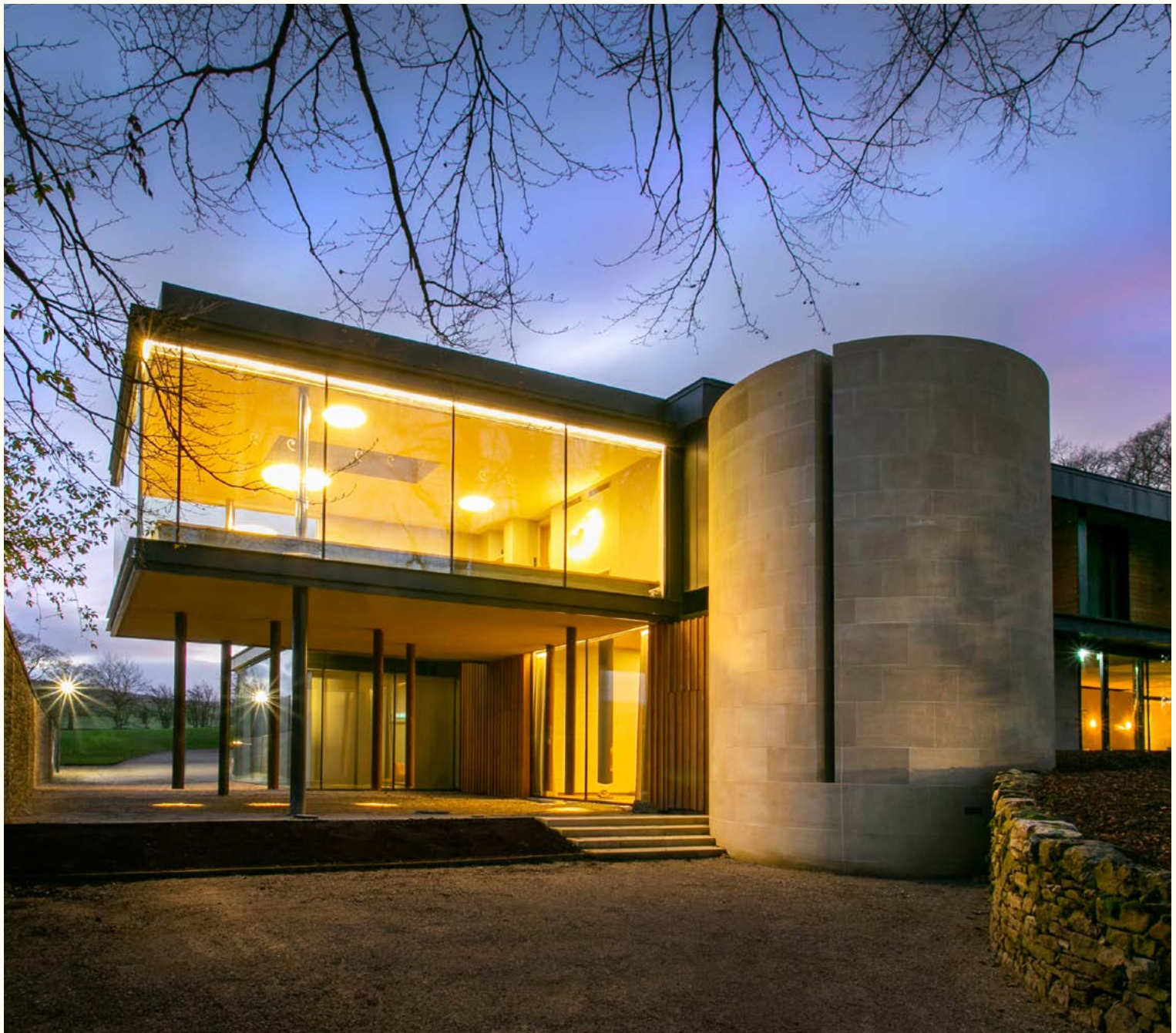




# avalon

Our state-of-the-art Wellbeing Centre provides an exquisite space for self-exploration and transformation.

Our holistic classes, dynamic therapies, bespoke day retreats and creative event schedule seek to be an inspirational source for a new way of life.





# Serving a New Way of Life

## Overview

Avalon is a unique building created for the purpose of personal development. A state of the art facility with extensive outdoor resources to serve the inner voyage. Set in the centre of the UK with fantastic international transport links on the edge of the idyllic Yorkshire Dales National Park.

A building designed by Yiangou architects with interior design by Patrick Kinmonth.

## Rooms

**The Nest**  
*up to 20 yoga mats*

**Sanctuary**  
*up to 120 theatre style  
and 60-70 yoga mats*

**Meditation Pod**  
*up to 12*

**Relaxation Room**

**Gym**

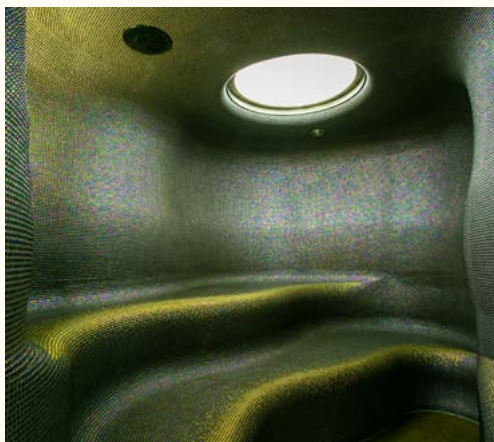
**Pool Suite**

**Green Room**

**Therapy Room 1**

**Therapy Room 2**

**Therapy Room 3**













# Broughton Hall

Broughton Hall dates back to 1597 and has belonged to the Tempest family who have been established in the area for over 900 years.

The magnificent state rooms provide the perfect backdrop for private house party stays, corporate hospitality, retreats and special events.





# A Truly Authentic Country House Stay

## 7 State Rooms

Entrance Hall

Dining Room up to 22 guests

Red Drawing Room

Green Drawing Room up to 55 guests

Library

Billiards Room

Conservatory

## 18 Bedrooms (*a full rooming list is available on request*)

6 Super King with en-suite

1 Super King with shared bathroom

1 King with en-suite

2 King with shared bathrooms

2 Double/Twin with en-suite

2 Double/Twin with shared bathroom

1 Double with shared bathroom

3 Single with shared bathroom

*The Hall can sleep up to a total of 30 guests, however additional guests can be accommodated within dormitory style options.*









# Eden

Spacious, effortlessly cool and packed full of fun things to enjoy, Eden is the perfect place to cater for larger retreat stays, or as a dedicated celebration venue.

With magnificent views from every window and the adventure of the Estate right on your doorstep, Eden is right in the beating heart of our beautiful sanctuary.





# Together is a Wonderful Place to Be

## Rooms

**6 Bedrooms / 11 guests**  
*futon in master bedroom  
that can sleep 2 extra  
guests*

**Welcome Area**  
**Kitchen**  
**Reading Area**  
**Dining Room**  
*12 guests*

**Sitting Room**  
*up to 100 guests theatre style*  
**Outside Garden**  
*up to 250 guests - can accommodate a marquee*





# Holiday Homes

In addition to Eden, we have a collection of beautiful Holiday Homes, lovingly restored farmhouses, barns, cottages, gate houses, coaching inns and off-grid experiences.

Whether you are a single traveller wanting quiet refuge, a couple or family wanting a cosy and comfortable getaway, or a large group looking for an inspiring space to gather - you will find something special on our Estate.





# Retreat into our Sanctuary

**Yellison** 4 bedrooms / 8 guests

**Higher Scarcliffe** 3 bedrooms / 6 guests  
futon on mezzanine floor that can sleep  
2 extra guests

**Low Lodge** 2 bedrooms / 4 guests

**Sulphur Wells** 2 bedrooms / 4 guests

**Stable Cottage** 3 bedrooms / 6 guests

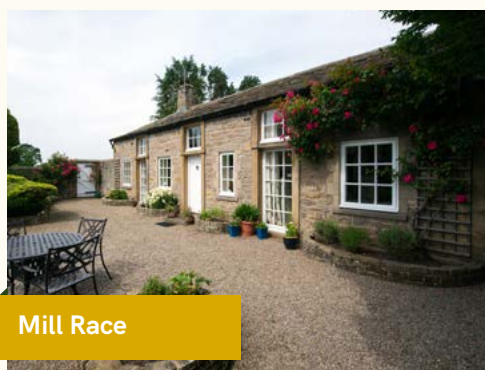
**Micklethorn** 6 bedrooms / 10 guests

**Mill Race** 2 bedrooms / 2 adults + 2 children  
children's room is a small attic space

**Mill Cottage** 2 bedrooms / 4 guests

**Gargrave Road** 2 bedrooms / 4 guests

**Redberry** 4 bedrooms / 8 guests\*  
\*currently on long term let









# Utopia

Utopia is a stunning contemporary building designed by Sir Michael Hopkins that serves as both a bistro and wedding and events venue.

Set within the original Walled Garden, redesigned by Dan Pearson, it offers an inspiring place to meet, an unrivalled location for special occasions and a unique space to enjoy nutritious and restorative food.





# A Cradle of Nourishment

## Main Area

Utopia can host everything from intimate parties for small groups to larger events for up to 160 people, along with the Walled Garden.

## Spaces

Hopkins Room *up to 30 people*

Home Room *up to 6 people*

Walled Garden *contact us for latest Covid-19 compliance*





“The Avalon Wellbeing Centre at Broughton Hall is really a unique experience both recreating, and delivering, as it does, the essence of the myth. The sheer quality and the deep thought that went into it, reflect the profound love and respect that Paris Ackrill and Roger Tempest have for the healing energies that emanate from the Broughton Hall Estate.”

LAWRENCE BLOOM, SECRETARY GENERAL OF BE EARTH  
FOUNDATION, A UN INTERGOVERNMENTAL ORGANISATION





# Fire Temple

This sheltered wooden structure is perfect for all-weather conditions and our eclectic list of activities offer wonderful inspiration of how to make the best use of this enchanting space.

The Fire Temple has been host to storytellers, theatre, learnings, performances, drumming, live music as well as foraging and cookery workshops.





# Sanctuary

Set within the beautiful Yorkshire Dales countryside, the Broughton Hall Estate is a wondrous weave of rolling meadow pastures, ancient woodland, heather moorland, wild reservoirs and meandering rivers.

Explore this Brontë-esque countryside and engage with the natural world as you rediscover simple pleasures to feed your soul.





# Sweat Lodge



# Moon Baths



# Wild Swimming





# Contact

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