

A close-up photograph of several green leaves, likely from a plant like sage, covered in numerous small, clear water droplets. The leaves have serrated edges and prominent veins. The background is dark and out of focus.

G & R

Ground & Grow

THE PIG



&
Cabilla

CORNWALL

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 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 of Cabilla Cornwall. 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 Cabilla's 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 Cabilla's 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.

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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

A light lunch, 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?