



G&R

Ground & Grow

THE PIG



&  
Cabilla  
CORNWALL

# THE PIG x Cabilla Cornwall | Ground & Grow Retreat schedule

## 19<sup>th</sup>-21<sup>st</sup> January 2024

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### Day 1 // WELCOME + SETTLE

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**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 from Cabilla Cornwall. Introducing the weekend, the partnership and setting the scene. Guests will experience a three course 25 mile menu curated for the Ground & Grow Retreat.

**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

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**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 Cabilla's 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 Cabilla's 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 at Harlyn Bay beach, 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

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**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?