



Monastery of Saint Francis

Chapel Gap, Storth, Milnthorpe, South Lakes. Cumbria.

www.monastervofsaintfrancis.com

***PERSONALISED ACCOMMODATION FOR CLIENTS SEEKING HOLIDAYS-
(B&B: HB or FB)- RESPITE – SPIRITUAL GUIDED RETREATS – HOLISTIC
THERAPIES FOR THE DISCERNING CLIENT***



- ✿ **Small intimate Holistic Monastic Retreat Centre**
- ✿ **Beautiful Energies providing tranquillity and Peace.**
- ✿ **providing our clients with an eclectic Holistic approach to 'Self Heal' creating Balance, Harmony and Connectedness.**

Chapel Gap is situated in a beautiful part of the South Lake District in an area of outstanding natural beauty. A peaceful oasis set in rolling countryside with panoramic views of hills and mountains. Chapel Gap' is also adjacent to lay lines making the venue ideal to renew the 'Mind, Body and Spirit'. Open all year round, our facilities are all situated on the ground floor level.

CLIENTS WHO ARE UNWAGED OR ON STATE BENEFITS CAN MAKE A DONATION TO COVER COSTS.

1. SHORT RESPITE HOLIDAYS (B&B & H.B.)

Tariff based on PER PERSON. (MINIMUM 2 NIGHT'S STAY).

- 1 Day/Night's: £45.00
- 2 Days/Night's: £80.00
- 3Days/Night's: £125.00
- 5Days/Night's: £165.00
- 7 Days/Nights: £285.00.

2. SHORT RESPITE HOLIDAYS (FULL BOARD)

For Full Board, please add - £7.00 pp per night

**3. Suggested donations for 'SELF CATERING ACCOMMODATION'
(Minimum stay is 2 nights- Maximum stay is: 7 nights).**

2 Night's: £45.00-£60.00, depending on your income.
3 Night's: £55.00- £75.00, depending on your income.
5 Night's: £75.00- £95.00, depending on your income.
7 Nights: £175.00- £250.00, depending on your income.

4. RETREAT FEE (DONATION BASIS) PER PERSON

The Retreat Fee is donation based. Suggested donations for your accommodation and meals are:

1 Day/Night's: £45.00- £75.00, depending on your income.
2 Days/Night's: £85.00-£100.00, depending on your income.
3Days/Night's: £150.00- £250, depending on your income.
5Days/Night's: £250.00- £350.00, depending on your income.
7 Days/Nights: £300.00- £450.00, depending on your income.

PLEASE REGISTER EARLY TO RESERVE YOUR SPACE

At the Monastery of Saint Francis, Space is limited from 2 – 4 clients at any one time.

TO REGISTER

Please fill out this form and submit. Only the non-refundable deposit is necessary to reserve your space. If for some reason the retreat were to be cancelled your deposit would be fully refunded within 30 days, minus any bank charges.

PAYMENT SECTION

In the event of being fully booked at the monastery, we are able to guide you to one of several family run Hotels within a 2 mile radius of the monastery.

LOCAL HOTEL COSTS: they start at £48.00 - £56.00 per day B&B, single room with private bath. Once you make your deposit we will give you instructions for the hotel. We book the lodging for you. You are responsible for paying the hotel directly at the end of your stay. Please email us your exact arrival and departure dates. No money due now for lodging.

RETREAT FEE - is donation based and is offered at the end of the retreat to us. No money is due now for the retreat fee.

DEPOSIT FOR YOUR ACCOMMODATION AT THE MONASTERY

Your non-refundable deposit of £50.00 is due with this registration. This holds your space, includes your transportation during the retreat and a registration fee. Please make cheques payable to: Rev. Brother Sean TCOSF.

Brother Sean and the Monastery of Saint Francis in Storth, South Lakes, UK, are a non-profit organization and are committed to serving people of all income levels.

Our Client Led Professional Services

We recognise that as wounded healers ourselves, we are best placed to administer any one of the services that are listed below. Clients who require our spiritual support do so for a multitude of reasons and our duty of pastoral care is to walk alongside them in love without engaging in any form of agenda or judgment. Our primary spiritual focus is to empower all who seek our professional services as a willing spiritual partner offering words of support based on practical common sense directed from the heart to the heart of the Divine within that person. No one has the right to walk in another's shoes without first walking their own path first.

The Monastery offers our resident guests the opportunity to 'get away' from the stressors of modern day life by spending a few days here in the ambiance of love and light where peace, tranquillity and confidentiality are the norm.

Therapies range from £35.00 to £60.00
Spiritual Counselling range from £85.00 to £145.00
Residential Pastoral/Spiritual in depth counselling varies from £275.00-£500.00 depending on number of client sessions.

The above is a helpful guide for those who have difficulty making a donation. Whatever is offered from a heart filled with gratitude to the Community of Saint Francis is appreciated as a token gesture to support the Monastery continue support those who can give little or nothing depending on their personal circumstances.

BOOKING FORM

Your Full Name: _____

Address: _____

Post Code/Zip: _____ Country: _____

Your EMAIL address: _____

Please tick the following

I am interested in a guided spiritual retreat with Brother Sean: () Please tick.

Type of Accommodation: Double Room () Twin Room ()

Reason for Visit: B&B () HALF BOARD () FULL BOARD ()

Dates from: _____ To: _____ Number of persons: _____

Dietary Type: Vegetarian () or Meat (). Please tick preferences

CANCELLATIONS

Please email us at if for any reason you need to cancel. Your non-refundable deposit can

be credited to another retreat with us in the future.

WHAT TO BRING

Please prepare for all types of weather. We recommend you bring a sweater, warm jacket or coat, socks, sturdy, comfortable shoes for walking, casual clothing for meals and seminars. Inside the monastery, we operate a 'shoe free zone.'

Nearest Intercity rail link: Oxenholme, South Lakes.

Nearest Motorway network: M 6.

Nearest local rail station: Arnside

Nearest Airport: Manchester. Rail link direct from Terminal 1 to Arnside.

Please return your deposit and completed application form to:

Namaste

Rev. Brother Sean TCOSF

www.monasteryofsaintfrancis.com

MONASTERY OF SAINT FRANCIS

**Chapel Gap,
Storth Road,
Storth,
Milnthorpe,
Cumbria.
LA77JL.**

