

Menu



YOUR STAY, THE ELEMENTAL WAY

RELAXATION

YES/NO

- Unplugged & Timeless
- Bodywork & Sensory Treats
- Recommended Peaceful Walks

INVIGORATION

YES/NO

- Exercise & Physical Challenges
- Personal Training Sessions
- Motivational Material

SECLUSION

YES/NO

- Privacy
- Do not Disturb
- Silence & Sacred Solitude

CELEBRATION

YES/NO

- Party Elemental Style
- Fun & Games
- Socialising

INSPIRATION

YES/NO

- Astrology/Numerology etc
- Art & Creativity
- Have-a-Go Opportunities

PARTICIPATION

YES/NO

- Elemental Project Involvement
- Chats & Social Time
- Companionship

EXPLORATION

YES/NO

- Guided Tours Available
- Books/Videos/Links
- Tips for your Canterbury Stay

TRANSFORMATION

YES/NO

- All of the Above!
- Fasting
- Challenges

Text 0212 663631

with the flavour of the stay you are seeking, from our Menu of suggestions