

Praise for The Good Retreat Guide

'The Good Retreat Guide is indispensable.' *Traveller*

'To find peaceful retreats read this guide.' *Top Santé*

'An excellent publication that will give you dozens of ideas immediately.' *London*

'Europe's best-selling book on retreats.' *The Softback Review*

'Whether you fancy a music or yoga retreat, meditation workshop or simple solitude, this guide will help you choose your sanctuary.'
Zest

'I feel rested and refreshed after reading this calm, come-hither compendium.'
Christina Hardyman, Telegraph Magazine

'An inexpensive way of finding peace.' *Guardian*

'Spiritual sustenance without being force-fed.' *The Sunday Times*

'This fascinating book is not just a guide to the idyllic retreats of northern Europe, it's a guide to living.'
Daily Express

'The definitive guide.' *Marie Claire Health and Beauty*

'If you are on a quest for inner harmony, the guide might have the answer.'
Woman's Journal

'A flip through its pages is an eye-opening experience.'
Sunday Telegraph

'Deservedly popular and a very helpful book.' *Yoga and Health*

'Stafford Whiteaker encourages us to step off the world at least occasionally.'
The Universe

'Vital breaks from the pace of work.' *Time Out*

'Explains the differences and details the facilities and changes.' *Daily Express*

'Most notable is the inner-faith emphasis.' *The Tablet*

'Choose from Anglican, Buddhist, Roman Catholic or non-denominational with retreats in complete silence or interactive.'
Sunday Mirror

'Describes what you are likely to encounter at New Age centres, healing retreats or prayer retreats.'
Daily Telegraph

'The Good Retreat Guide details hundreds of Christian, Buddhist and non-affiliated retreats both here and on the Continent.'
Tatler

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6TH EDITION**

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STAFFORD WHITEAKER



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Please note: While every effort has been made to ensure that the information in this guide is accurate at the time of going to press, readers are advised that details and prices may be subject to change. We therefore strongly recommend that readers contact retreat centres directly in order to confirm the details of their stay and discuss their requirements, especially with respect to the availability of facilities for the disabled. *The Good Retreat Guide* is not a medical text and does not recommend using any practices or practitioners mentioned in this book as a substitute for orthodox medical treatment. Please be certain to consult your doctor or a licensed therapist before making any decisions that affect your physical and emotional health if you suffer from any diagnosed medical condition or have symptoms serious enough to interfere with your ordinary functioning. We do not recommend fasting for anyone under 21 years nor over 65 years nor for anyone suffering a pre-existing medical condition or who is in a post-operative state. We draw your attention to the established fact that ointments and oils rubbed onto the skin are absorbed into the bloodstream and this includes what are known as essential oils and that ingested herbal preparations and tisanes can act medicinally in the body. We do not recommend meditation or yoga or other spirituality practices for children unless conducted by teachers professionally qualified to work specifically with children in these areas. We do not believe children under 16 years should receive healing therapies or treatments of any kind at any retreat centres. We strongly urge all parents to be satisfied that those giving children's and young people's retreats, classes, courses or group camps have been suitably vetted under national child safety procedures. *The Good Retreat Guide* contains addresses to external websites where we believe that such links are relevant and add to the information supplied by us. These links are provided in good faith, and we cannot be held accountable for their content or any changes to their content or if the location (URL) changes.

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For my daughter, Victoria

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