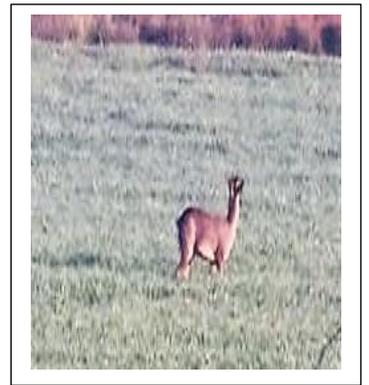




Mangreen Country House



Your Retreat venue

Handmade retreats by you

An idyllic venue whatever the season



Mangreen Country House

This could be your next retreat venue, a charming Country House set in grounds just south of Norwich. For the past forty years it has provided an oasis of tranquility for healing, personal growth, and spiritual development. In 2015 we have been upgrading our Queen Anne House to add a comfortable accommodation to this sanctuary space, enabling residential retreats and high quality training to complement our bed and breakfast facilities.

Bedrooms

- On the first floor we have 5 luxurious en-suite bedrooms which can either be booked as private rooms or to share.
- On the second floor we have three standard en-suite rooms sleeping two to three people each.
- We can accommodate between 5 – 16 people for that intimate retreat

Facilities

- A Light Centre for meditation
- A standing stone circle
- Magical grounds
- Meeting and conference space

Meditation Space

- In our Light Centre Sanctuary

Wholesome food

- Mangreen has had the reputation for delicious home produced food for years, ever since it came into the care of the Duffield family in 1960. Where possible we use organic, locally produced food - sometimes even from our own garden.

Location

Set 3 miles south of Norwich, Mangreen has the wonderful complement of being set in countryside but within a 10 minute commute of this most elegant and historic city, full of culture, churches, cobbled streets and cafes.



What we offer

- Cream tea on arrival on Friday
- Friday night dinner and accommodation, full board on Saturday, Sunday Breakfast and Lunch with an afternoon depart.
- Free flowing tea and coffee, with midmorning and afternoon homemade cookies and cakes.
- Choice of three conference rooms to suit your group.
- Light Centre for early morning meditation
- Use of our extensive gardens and access to Stone Circle

Cost

Single superior rooms range from £250 - £300 per person

Shared accommodation £200 - £250 per person if available

Friday - Sunday all-inclusive hire Midweek options available as well.

Minimum booking 5 rooms per retreat

Optional Extras

- Breakout room
- Flip charts and stands
- Audio visual equipment
- Global Meditation Light Centre
- Swimming times depending on availability

Further details

Contact; Our Events Team: who will be able to check availability

Call Events on 01508 570 444 or mail me; events@mangreen.co.uk

We also offer midweek options, please enquire



Mangreen Country House

Swardeston, Norwich, NR14 8DD

Telephone 01508 570444

For further information please look on our

Web-site www.mangreen.co.uk

or contact

events@mangreen.co.uk