

G & G

Ground & Grow

THE PIG



Cabilla

CORNWALL

# THE PIG x Cabilla Cornwall - Ground & Grow Retreat

## Day One - Welcome & Settle

3:00pm

Arrive at THE PIG at Harlyn Bay and head to The Snug for a delicious slice of homemade cake and a cup of tea. Get to know the PIG team that will be looking after you and your fellow retreaters before settling into your cosy room.

6:00pm

After some time to freshen up, enjoy a pre-dinner garden-to-glass cocktail in The Snug created by THE PIG bar team.

7:00pm

Tuck into a hearty supper in The Old Dining Room, hosted by the Founders of Cabilla Cornwall. They'll share their story, the vision they have for Cabilla, and the Thousand Year Trust they have set up to support the legacy of our ancient Atlantic rainforests. Meet your Retreat Lead, Sienna, who will set the scene for your stay and the restorative activities on offer throughout.

9:00pm

Supper finishes. Enjoy your own time with a herbal tea by the fire, relax in our cosy lounges or head up to bed for a great night's sleep.

## Day Two - Ground & Integrate

7:30am-9:00am

Start the day with a wholesome and hearty breakfast, before meeting at 9am to travel to Cabilla Cornwall (transport included).

10:00am-11:30am

Enjoy a gentle movement and meditation class in Cabilla's cosy studio barn, led by Sienna and set to live classical music.

12:00am-2:00pm

Private guided tour of Cabilla's ancient temperate rainforest with Merlin (where you'll meet the resident Cornish pig, Gloria!).

2:00pm-4:00pm

Get stuck into a nourishing, plentiful picnic provided by THE PIG team, followed by coffee, tea and delicious Piggy Fours before returning home to Harlyn Bay.

6:00pm

Sip on a garden-to-glass cocktail in The Snug followed by a delicious meal from our 25 mile menu, packed with homegrown, hearty, Kitchen Garden goodness!

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## Day Three - Revive & Restore

8:00am

Meet bright and early for a short walk down to Harlyn Bay beach for a refreshing sea swim, before warming up with a session (and a hot chocolate!) in the private beachside sauna.

10:00am-11:00am

Head back to THE PIG-at Harlyn Bay for a well-deserved big PIG breakfast.

12:00pm-1:00pm

Private guided tour of THE PIG-at Harlyn Bay's Kitchen Garden by our Head Chef and a Kitchen Gardener. Opportunity to taste, touch and smell the homegrown produce that's served in our delicious dishes (and you'll get to enjoy for lunch!).

1:30pm-6:00pm

Enjoy a light lunch followed by an afternoon of free time to relax, explore, sleep, or book in for a relaxing PIG Potting Shed treatment\*.

7:00pm-9:00pm

Signature PIG garden-to-glass cocktails are served in The Snug, followed by a delicious homegrown PIG supper from our 25 mile menu.

\*Potting Shed treatments are not included but are available to book throughout your stay with a 20% discount

## Day Four - Grow & Reflect

7:30am-09:30am

Sleep in and take it easy before enjoying one last, mouth watering PIG breakfast.

10:00am-12:00pm

A gentle walk and meditation session on the beach with Sienna. Retreat close and final reflections.

12:30pm-2:30pm

One last light lunch together at THE PIG-at Harlyn Bay before you head home... or why not stay and while away the afternoon with a coastal walk, explore the seaside town of Padstow, or even make another night of it!

### Ground & Grow Retreat dates

February

Thursday 27th – Sunday 2nd March

March

Thursday 27th – Sunday 30th

April

Thursday 24th – Sunday 27th

