

Mindfulness & Wellbeing Weekend Retreat: 20th – 22nd/23rd March 2026

We're so excited to share with you our very first mindfulness retreat at our farm in the Welsh mountains in Mid Wales. It's a weekend of energy alignment to nourish your soul in a supportive and tranquil environment.

This retreat is for you if you:

- want to stay in a stunning private cottage or shepherd hut with your own bedroom, kitchen, bathroom and seating area
- enjoy exploring the countryside with stunning mountains, wildlife, woodland, lake and fields.
- considering rediscovering yourself in a safe environment, wherever you are in your life right now; from a health or mindset perspective.
- love guided meditation with a mix of yoga, reiki, qigong, sound bath and breath work
- like relaxing by indulging in a hot tub, creating cacao, nature printing and connecting with other like-minded people while also having space for yourself and the support of our in house expert practitioner

Where you will be staying

Your home for the long weekend is the stunning Plas Moelfre Hall Barns – [view website](#)

Plas Moelfre Hall Barns and Shepherds Huts consists of a charming selection of three shepherds huts and four barn conversions resting in the scenic village of Moelfre, Powys. It offers stunning countryside views, off-road parking, enclosed gardens with hot tubs, and open-plan living, making it well-suited as a rural retreat in Mid Wales. Soak up your local surroundings with a scenic stroll up the farm's private mountain 'Y Gyrn' or explore the 250 acres of farmland at your leisure. Walks up to nearby Llyn Moelfre and the old moat and bailey setting of *Sycharth* are a stones' throw from the estate. Enjoy a rural retreat like no other.

Your team on the retreat



- Myself, **Lowri Williams**, hosting during the retreat and here to welcome you from start to finish. Having been a Head of Drama and English for over 20 years, I have now decided to embark on creating a serene retreat on our farm in Mid Wales where we have four converted barns and three shepherd huts, all with their own hot tubs and private spaces for our guests to switch off. As a farmers' daughter, the land has always been my passion and conserving it for our future generations is my goal. Gwyn, my husband, Seren and Morgan our children make our small family run business complete.



- **Tracy Langley**, your resident intuitive energy & space holder.

Tracy's a fully qualified energy alignment practitioner with years of experience. Tracy will be your dedicated guide and space holder throughout this entire retreat experience. Please feel comfortable approaching her at any time during your stay. She will be onsite supporting your journey and will depart around 4:30pm on Sunday.



- Special guest: **Ceri Jordan**, is an experienced Yoga & Meditation teacher and advanced Breathwork instructor. Ceri trained with the British Wheel of Yoga and has been practising yoga for over 30yrs, studying with teachers from various traditions, all of which she brings to her teaching. She integrates her classes with yoga philosophy, pranayama (breathwork) and meditation as well as functional anatomy, blending ancient traditions and modern knowledge.



- **Eirian Glennie**, your chef preparing delicious homemade meals throughout the wellbeing weekend

Eirian is a neighbour who runs her own organic shop which is open all hours! She's also a fantastic cook and baker, bringing her simple home-made culinary delights to our table. All foods will be organic and local and we cannot wait to share them with you.

About the food



All food is freshly prepared and seasonal. We provide vegetarian food with vegan options during the retreat. **Please email Lowri @ plasmoelfrehallbarns@gmail.com if you have any allergies or dietary requirements.** Please note, we can't cater for severe nut allergies, coeliac disease or other serious allergies, but we can cater for gluten free. If you have a serious food allergy and would like to join the retreat, please get in touch as you can prepare your own food in your barn/shepherd hut.

Food included on your retreat:

- Luxury breakfast hamper including coffee & tea, milk, granola, berries & fruit, yoghurt, bread, eggs, butter, jam/honey. Sausages or bacon from our award-winning local butcher Izzy.
- Seasonal fresh lunch & Seasonal wholesome dinner shared together in the evening
- Refreshments and snacks available throughout the retreat

Retreat programme

Our aim is to create a relaxing atmosphere for you to have a lovely time without the need to rush or a day packed full of activity. Everything during the retreat is truly optional so it is your choice how much or little you choose to take part in. Please note, the timings are approximate and can change depending on group preferences or weather.

Dydd Gwener / Friday: DWIRNOD / DAY 1: Arrival & Check in

4pm: Welcome

- Settle into barn/shepherd hut/hot tub
- Light refreshments

6:00pm - 7:00pm: Evening Yoga Flow with Ceri

- Gentle movement to transition from travel
- Release tension and arrive fully present
- Connect with breath and body

7:15pm: Welcome Dinner prepared by local chef Eirian Glennie

- Nourishing seasonal meal
- Connect with fellow retreat participants
- Share stories and settle into the weekend energy
- Sharing circle

8:30pm: Welcome Circle & Opening Ceremony

- Lowri: History and sacred energy of this beautiful Welsh setting
- Tracy: Weekend overview and creating our safe container
- First oracle card reading
- Guided journaling practice
- Setting intentions for the weekend

9.30pm: Evening Wind Down

- Herbal teas
- Quiet reflection time or be with others getting to know each other
- Rest and prepare for tomorrow's journey

Dydd Sadwrn / Saturday – DIWRNOD / DAY 2

7:30am: Energetic Health & Stretch with Tracy

- Awaken your body and energy centres using the four elements
- Gentle movement to start the day; aligned merging in Breathwork for the chakras

8:30am: Nourishing Breakfast

- Fuel your body for the day's journey

10:00am: Mountaintop Circle Work *Meeting Point: Car park area by the shepherds' huts (transport provided to hilltop)*

- Intention setting and breathwork with panoramic views
- Return Options:
 - Gentle walk down the mountain at your own pace
 - Lift back down

Midday: Free Time & Individual Healing

- For All: Read, relax, or explore the beautiful setting
- 1:1 Reiki & Energy Healing Sessions: Main Barn with Tracy (pre-booked participants)

1pm: Nourishing Lunch

2:15pm: Afternoon Restoration

- Free time for deep relaxation
- Hot tubs available for ultimate unwinding
- Continued 1:1 Reiki & Energy Healing Sessions with Tracy

6:30pm- Evening Dinner

- Wholesome evening meal
- Time to process your 1:1 healing experiences and weekend so far
- Share insights in gentle conversation
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- **8:00pm - Deep Restorative Journey: Guided Meditation and Sound Bowl:**
- Profound restorative meditation
- Healing sound bowl ceremony
- Followed by: Firepit gathering with ceremonial cacao

Dydd Sul / Sunday: DIWRNOD / DAY 3

8:00am- 9:00am: Qi Gong & Embodied Movement

- *Location: Outdoors option to be barefoot (weather permitting) or Indoors*
- Gentle flowing movements to honour your body
- Connect with the morning energy and natural surroundings

9:15am: Final Breakfast Together

- Reflect on your transformation

10am: Free Time & Final Healing

- Enjoy Plas Moelfre Hall Barns 250 acres, beautiful space and your facilities.
- Final 1:1 Reiki & Energy Healing Sessions with Tracy (pre-booked participants)
- Personal reflection and integration time

1:00pm: Celebration Lunch

- Gather together to honour this mindful wellbeing journey
- Share gratitude and insights and celebrate the connections made

2:00pm: Closing Circle: Release and gratitude circle

- Tracy: Final space holding and blessings circle. Meditation and Breathwork.
- Take your transformed energy into the world
- Lowri: Heartfelt thanks and farewell

It is optional to extend your stay in your space on Sunday evening, unwinding and relaxing at your own leisure if you so wish. Checkout can be at any time on Sunday evening for those needing to travel out or by 10am on Monday morning if it suits. There will be no extra cost and you can decide at any point.

Barn and shepherd hut descriptions and prices for 2026

Please note, there are 4 options for single occupancy which can be joint occupancy with a friend, partner or family member. Therefore, if you are travelling alone, select one of these options or there might be a bed available in a shared barn. If you are travelling alone, but would not like your own cottage, get in touch and I will put you on the list in case there is someone else in a similar position to share a cottage or a bed left in a shared cottage. Email Lowri at plasmoelfrehallbarns@gmail.com

4 single occupancy options or with a close family member / friend / partner

STABL ([link](#)) 1 bedroom barn with a bath, shower, kitchen, dining, living and TV area. Outdoor secluded hot tub, gas BBQ, lawn and seating area. Perfect for 2 friends or a couple. King-size bed or zip link twin if sharing with a friend; the single beds would only have a small gap if this is your option.

£650 pp based on 2 sharing. Must be booked for 2 at the time of booking.

£750 for single occupancy.

DEFAID CYMREIG ([link](#)) 1 bedroom shepherd hut with a shower, kitchen, dining, living area and TV. Outdoor secluded hot tub and seating area. Perfect for single occupancy, 2 family/close friends or a couple. One King bed only.

£650 pp based on 2 sharing. Must be booked for 2 at the time of booking.

£750 for single occupancy.

CHAROLLAIS ([link](#)) 1 bedroom shepherd hut with a shower, kitchen, dining, living area and TV. Outdoor secluded hot tub and seating area. Perfect for single occupancy, 2 family/close friends or a couple. One King bed only.

£650 pp based on 2 sharing. Must be booked for 2 at the time of booking.

£750 for single occupancy.

CHEVIOT ([link](#)) 1 bedroom shepherd hut with a shower, kitchen, dining, living area and TV. Outdoor secluded hot tub and seating area. Perfect for single occupancy, 2 family/close friends or a couple. One King bed only.

£650 pp based on 2 sharing. Must be booked for 2 at the time of booking.

£750 for single occupancy.

2 options for those happy to share a barn

CUT MOCH ([link](#)) 2 bedroom barn, both ensuite, one with bath as well as stand-alone shower. Shared kitchen, dining and living TV area. Outdoor secluded hot tub, lawn, gas BBQ and seating area. Perfect for 4 people happy to share, or for 2 people with a bedroom each. Super-king can be arranged as zip link twin. Minimum occupancy 2, maximum 4.

£650 pp based on 2 sharing 1 bedroom (this means that you are booking 1 bedroom in the cottage and share your bedroom and ensuite with 1 other person and the whole cottage with 1 or 2 others)

£750 for single occupancy (this means that you are booking for yourself to have one whole bedroom to yourself within the cottage)

RHIANWEN ([link](#)): the most spacious 3 bedroom barn, all ensuite, one with bath. Option of changing the super-king and two kings into twins. Minimum occupancy 3, maximum 6. Kitchen, dining and living TV area. Perfect for either group of 3 or 4 or for sharing with others. Super-king bed or twin in each room. Outdoor secluded hot tub, lawn, gas BBQ and seating area.

£650pp based on 2 sharing 1 bedroom (this means that you are booking 1 bedroom in the cottage and share your bedroom and ensuite with 1 other person and the whole cottage with 1,2,3 or 4 others)

£750 for single occupancy (this means that you are booking for yourself to have one whole bedroom to yourself within the cottage)

Non-refundable deposit of £250 is payable on booking, remaining balance is payable 14 days before the retreat. Please see full terms and conditions. ([link](#))

What is included in the price

- 2 or 3 nights in your choice of barn/shepherd hut
- All homecooked food: luxury breakfast hamper, lunch and dinner. Snacks, homemade cake, selection of teas and other refreshments available throughout the retreat.
- Seasonal wellbeing sessions daily (check the timetable for details), workshops and one to one support.
- Use of hot tub

What is not included

- Travel to and from retreat
- Travel insurance
- 1:1 Reiki

[Terms and conditions](#)