

My Experience of a Sanctuary Retreat Day at Primrose Retreat



Mary McGlynn

For about 18 months I had been stuck in a groove of being busy from morning 'til night, feeling tired most of the time and not ever finding the time to do what gives me a sense of fulfilment, namely, writing and finishing the book I have started. Like a lot of women, I had been putting myself at the bottom of my own 'To Do List'; 'whenever everything else gets done,' I reasoned, 'then I'll make time to write,' but of course, I never get to the bottom of the list, because something else always crops up to demand my attention!

Then, for my birthday, a dear friend gave me a voucher for a treatment with Sally Rosemary at Primrose Retreat near Lichfield. I thanked her for the very thoughtful gift, acknowledged that a bit of relaxation and pampering was just what I needed, put the voucher in the drawer and, literally, forgot about it.

Fortunately for me, my friend knew me too well. Every now and then she would politely ask me if I had made an appointment to see Sally yet, so finally, out of embarrassment at perhaps appearing to be ungrateful, I rang and booked myself in for a 'Chill Out' Retreat Day at Sally's 'Primrose Retreat'.

On the morning of my appointment I set off with just enough time to reach my destination by 10 o'clock, if everything ran smoothly. It didn't, well not quite! I had actually been on the right road all the time and, had I just continued for a few hundred yards more before doing a U turn, I would have come to the lane mentioned in the directions.

Driving too quickly over the speed bumps on the finally found Fisherwick Wood Lane, which leads to Sally's mid-Victorian cottage, the irony did strike me that, here I was in a beautiful part of the world, surrounded by lakes, woods and flowers, but I didn't have time to appreciate it, because I was in too much of a hurry, rushing, as usual, to get somewhere – a metaphor for my life!

When I did finally arrive ten minutes late and feeling a bit stressed, I was greeted warmly by Sally, who offered me a welcoming herbal tea and then led me out to her beautiful garden healing room, which apparently used to be the pig croft! All I can say is, 'lucky pigs'! I know this will sound weird, but the instant I stepped over the threshold I felt like I was in a sacred space. A delicate aroma of essential oils reached my nostrils and I found that my breathing began to change, becoming deeper and slower as layers of tension began to dissolve from my body.

There was just something about Sally's calm presence and the energy in that room that enabled my awareness to expand - completely barmy, I know! But, for example, I was sitting with my feet in a very relaxing Sea Salt Foot spa, when the realisation dawned on me that the journey I had created for myself that morning - being late and then back-tracking just before I reached my goal - was indicative of what I do all the time in my life. I had not been in Sally's healing room for more than 20 minutes and already I was not only feeling more relaxed than I had done for a very long time, but I was also seeing clearly how I had been sabotaging myself in life! It wasn't an earth-shattering emotional experience: more of a calm and peaceful realisation - what I would call an 'aha' moment! Sally and I then discussed ways in which I could change my old habits of creating stress and sabotaging myself to more life-enhancing habits that would enable me to achieve my goals in a more relaxed, happy and fulfilling way.

If my retreat had finished then, I would have felt that I had gained an enormous amount from the experience; however, that was just the beginning of a day of holistic pampering and indulgence, which included: a **Precision Reiki** treatment to balance my energy, a wonderful **Reflexology** massage, a **Flower Remedy** treatment, a lovely lunch and free time to stroll by the lakes, read a book or just dose.

By the time I left Primrose Retreat at 4 o'clock I was feeling more relaxed, rejuvenated and optimistic about the future than I had felt in a very long time.

As you can probably tell, I am a convert to Sally's brand of healing magic and am now taking up my friend's mantle of recommending her treatments to anyone who is feeling in need of a little nurturing of body, mind or spirit. Go on; treat yourself.....because you're worth it!!!!