

Singing and Painting ‘Holidays with Heart’ in West Wales 14th – 21st May 2022 and 7th - 14th May 2022

Join us for one (or both!) weeks of holistic creativity in the spirit of Holidays with Heart. We will ensure that the holiday has many of the same qualities of our holidays in Morocco: good food, good company, great tutors, overseen by our own staff (this time from our Welsh office) and a heartfelt approach including supporting sustainable businesses. We have chosen a time of year when the wildflowers make the area particularly attractive. Such has been the demand that we are now putting on two successive weeks.

You may **choose to join the singing or painting group** running concurrently. There will also be optional yoga, walks and other treats from your base in the heart of the Pembrokeshire National Park in West Wales. Enjoy homemade seasonal, locally sourced food, beautiful scenery, and time for reflection in a rustic venue on organic farmland with the option to stay in B&B elsewhere if you prefer.

Below: the nearby wooded Cleddau estuary. Wildflowers on the coast in May



More about activities

Whichever group you choose there will have 2 daily sessions (of painting or singing) except on travel days. We will also offer 3 sessions of Yoga & meditation. The style of yoga delivered will be inclusive – no previous experience is needed.

From your doorstep there will be opportunities to walk on lovely paths or to the traditional pub nearby (or drive); to enjoy a wood-fired sauna on the farm (there may be a surcharge for wood); to walk to the beautiful nearby village of Lawrenny. Please note that there will be no led walks but you will receive guidance - the family who run the centre know the area very well indeed and the Holidays with Heart staff know it well too.

Further afield we highly recommend exploring the coast. One day in the middle of the week you will have no taught activities so that choose what you wish to do. For example you might want to visit is the picturesque resort of Tenby (20 minutes drive) or Carew Castle (10 minutes drive) *both pictured below*



or Narberth an attractive market town 15 minutes' drive away) or even the lovely cathedral at St Davids (1 hour's drive).

The people

The holiday will be staffed by our longstanding and very popular painting tutor [Louise Waugh](#) from Somerset (both weeks) and [Celia Webb](#) our delightful singing tutor from Cardiff (14-21 May) and very popular and enabling singing tutor from the choir local to our office [Cat Fothergill](#) (7-14 May). The Yoga will be taught by Marie Aditi Brown who is part of the Welsh Holidays with Heart team. Jane, the founder of Holidays with Heart, will be calling in and will welcome you on arrival day.

Photos left to right: Celia, Louise & Cat



The venue and its location

We have chosen to offer a holiday based at a centre that we have known for many years. It has a wonderful location not far from a beautiful estuary on an organic farm with lovely woodlands near Cresswell Quay (which has a delightful old-fashioned pub by the estuary, pictured below).



The centre is a series of historic buildings around a courtyard adjacent to the owner's home/farmhouse. There's ample parking and the rooms are characterful but simple. There is a good Wifi connection. There are 2 large communal spaces (one for singing, one for painting) as well as a courtyard that can be used for activities in good weather.

Find it on the map below – shown by the red arrow. The green area is the National Park



Getting to the venue

Although most of you will probably choose to arrive by car it is possible to come by train to Kilgetty which is only a few minutes' drive away and we can make arrangements for someone to pick you up and take you back to the train if required.

Below: the dining/singing room; the artists' barn (also for yoga)



Sleeping options We are offering 3 options to meet everyone's circumstances:

- 1) Budget sleeping options – in **two characterful large dormitories on site**, illustrated below.



- 2) **Choose from the wide range of local accommodation** (holiday cottages, B&Bs or glamping). We are making a block reservation of recommended property/properties on your behalf to make the admin so much simpler and to ensure that availability is guaranteed. That way you simply pay us for everything & we take care of the deposits required.

THESE ARE THE PLACES WE HAVE ALREADY BOOKED FOR YOU:

Only available 7- 14 May. **Self-catering modern house on the coast at Saundersfoot** 18 minutes' drive away two 6 bed roomed houses (photos below, looking over the bay and a short walk to the coast). **BOOK SOON** to avoid disappointment.



Only available 14-21 May. **Self-catering cottages** 4 miles away.
www.littleloveston.co.uk 17 bedrooms **BOOK SOON** to avoid disappointment.

TO BOOK FOR YOURSELF (some recommendations from our hosts):

B&B

Val, at Furze Hill (2 miles away) <http://www.furzehillfarm.com> or
 Sally & Jim at Cardeeth (3 miles away) <http://cardeeth.co.uk/cottages/the-farmhouse/farmhouse-overview/>

Glamping options on the farm where the main event takes place. Mainly for couples <https://www.dragonflycamping.co.uk>

3) **travel from home each day** (we know there are some local people interested)

What's included & Costs

Sleeping at accommodation booked by you	Sleeping in a dormitory full board	Sleeping in accommodation pre-booked by us full board
Daily workshops	Daily workshops	Daily workshops
3 x Yoga sessions Evening classes with meditation & yoga Nidra	3 x Yoga sessions Evening classes with meditation & yoga Nidra	3 x Yoga sessions Evening classes with meditation & yoga Nidra

Lunch & Dinner on 6 days Delicious homemade food seasonal & locally sourced (meals out at your own expense on day off)	Lunch & Dinner on 6 days Delicious homemade food seasonal & locally sourced (meals out at your own expense on day off)	Lunch & Dinner on 6 days Delicious homemade food seasonal & locally sourced (meals out at your own expense on day off)
Hot drinks and snacks	Hot drinks and snacks	Hot drinks and snacks
	Bed in a dormitory & breakfast of fresh fruit, muesli, yoghurt, bread, butter and variety of spreads, teas, coffees and juices	Bed & breakfast of fresh fruit, muesli, yoghurt, bread, butter and variety of spreads, teas, coffees and juices
Cost: Singers £405 (group limited to 16 students) Artists: £425 (group limited to 10 students)	Cost: Singers £525 (group limited to 16 students) Artists: £545 (group limited to 10 students)	Cost: Singers £595 (group limited to 16 students). Single supplement: £112 Artists: £605 (group limited to 10 students) Single supplement: £112

Housekeeping

Please note that whilst all the food will be delivered prepared everyone will need to help as listed:

- 1) heat and serve one lunch or dinner
- 2) collect dirty items & wash up after another meal.
- 3) cleaning. We will be responsible for keeping the centre clean during our stay and before leaving

Below: the kitchen



The programme

Arrival Saturday between 4-5pm

Suggested Daily Programme (flexible – this can be varied with weather & the group's preferences):

Singing/Painting 10 am -(tea break)- 12.30 pm

Break for lunch & walk/rest: 1-3 pm

Singing/Painting 3 pm -(tea break)- 5.30 pm

6 pm supper

After supper. First evening: welcome and discussion of the week's programme with Jane & the tutors; 3 evenings yoga; 1 evening sauna; 1 evening visit to local pub; 1 evening a party; 1 evening will be your day out. 1 evening to pack, tidy & clean up.

Departure Sunday after breakfast

What to bring:

If you would like to join the yoga: please bring your own yoga mat (if you have one) and a blanket.

Artists: please bring your own materials. Louise will supply a list.

If you are sleeping in a dormitory: please bring your own bedding (duvet, duvet cover, sheet & pillowcase)

NEXT STEPS

1) How to secure your place

Please to let us know in a list numbered as follows:

- 1) how many people
- 2) the names of the participants
- 3) if you wish to do painting or singing
- 4) if you wish to sleep in a dormitory, book your own accommodation or reserve a bedroom in one of the 2 properties we have reserved
- 5) whether prefer 7-14 May or 14-21 May 2022 or if you are flexible

To secure your place we will need a £100 deposit which will allow us to pay the deposits requested to secure those dates. **We need your deposit to be paid by Monday 16th August**

2) Do this ONLY after we have sent your payment schedule

Payment of a £100 deposit

Once we have had sufficient replies to work out who will be in each group we will send your payment schedule

If you are not sleeping in the dormitories or the accommodation reserved by us you should book your accommodation promptly. We have deliberately avoided half term week but we know that demand for holiday accommodation remains very high.