

Isle of Wight

Residential Therapy Retreat



This is a unique residential therapy experience for a family group (i.e. adult(s), young people and/or children that are connected in a meaningful way), based on the Isle of Wight. Each day includes the adventure of sailing together, reflective space and a group activity, all facilitated by a small, experienced, and skilful team. The central theme will be one of developing a deeper sense of understanding and connection within the identified group. This is all conducted in the tranquil surroundings of The White House in Bembridge which comes with a housekeeper, chef and therapist host.



The individual treatments at The White House will include mindfulness for adults and children and craio-sacral therapy. The White House has a beautiful walled garden and is in the heart of Bembridge village with local beaches nearby. All meals are included and will be cooked by our on-site chef, with locally sourced, organic ingredients with enjoyment, health and wellbeing in mind. All dietary requirements can be catered for.

We have use of a Bavaria Yacht