

Trip Advisor Reviews from Stroud 2014 to 2018

The Stroud Retreat Centre had Shepherd's Huts and Cabins in the gardens as some of the guest accommodation.

From October 2018 we moved to Bigbury on Sea where all rooms are within the Retreat House

Date	Review
April 2018	<p>Fabulously Peaceful Place to Reconnect! Wasn't sure what to expect when I booked this retreat for myself and my mum. It was just what we needed, space and time to reconnect with ourselves and each other in a beautiful location. Maddie is endearing and supportive, a fabulous host and guide to reconnecting with yourself. The vegan food was delicious and plentiful, never felt hungry! A must for anyone contemplating a retreat. E C Manchester</p>
April 2018	<p>Extraordinary Retreat! Just returned from a weekend retreat with Maddie. I find myself restored, rejuvenated and heart-filled. What an absolute treat to have space held so well, to have fabulous vegan food, genuine nurture and a whole heap of tools to bring back to 'Reality' with which to preserve this sense of well-being. I feel extremely grateful for the beautiful space and the authentic pleasure with which our host 'gives'. Highly recommended if you feel you need to reconnect with yourself. Thank you! A Bristol</p>
November 2017	<p>A Fantastic Experience Just returned from a midweek retreat with Maddie at Heartspring's. I have never been to a retreat and was quite nervous and not sure what to expect but I need not have been concerned. Maddie made us feel really welcome and looked after us throughout our stay, guiding us through various exercises and cooking our nutritious vegan meals expertly. She is such a knowledgeable and compassionate lady and knew exactly how to help each guest along their journey. I found the stay so helpful and with the tools I need to go ahead I feel confident I can get back to being a better 'me'. The cabins are small but cosy and comfortable with use of a shared bathroom but the star of the show is the Rose Sanctuary!! Such a peaceful, inspirational space - wish I had one in my garden!! G A Neath</p>
November 2017	<p>Peaceful and Relaxing !! I am writing this review for those who are wondering Heartsprings for them... I was not sure what to expect when I arrived but I was pleasantly surprised as it was everything I had hoped for and more. The stay was very relaxing, we did meditation which I thought was very relaxing and I learnt a lot about how it can help in life. I found the week really helped me get perspective on different areas of my life. If you are looking for something a little different and welcoming and a place to try new things such as life coaching, reflexology or mediation, this is for you. If you have a lot of experience in meditation it is still great place to improve how you do it, learn from others and their experience. The main draw of the place is Maddie who is a wonderful coach and helps guide you through the week while you try different things, you can do things as a group or have one to ones with Maddie, I found the life coaching hour (which is extra) so helpful, it is so worth doing. Overall a great week away from everyday life, I came back refreshed and ready to get on with a more positive perspective. L Reading</p>
September 2017	<p>Amazing Retreat This really is the best place to go for a Retreat. Maddie at Heartspring is a wonderful person with so much experience and compassion ,one of life's genuinely caring and nice people. The sessions are amazing and you come home with skills that help you deal with life's challenges. There are also therapies that you can add to your stay. The peace is wonderful. The vegan food is great and even if you are not vegan you will love it and come away feeling better for it. I stayed in the house with a nice room and comfy bed and everyone who stayed in the shepherd huts found them really comfortable and warm too. The retreat is perfectly balanced with sessions and free time to do what you want. The area is full of beauty and there are lovely walks so you can be one with nature. I made some lovely friends here. This is the second year I have been and each time I have come away feeling nurtured and stronger. Thank you so much Maddie for this wonderful experience and for being you. I will be back next year for more good food, nurturing and peace B Weymouth</p>

<p>January 2017</p>	<p>A Wonderfully Rewarding Experience</p> <p>I had searched for years for the right retreat for me. This was it! On arrival I was a bit nervous, maybe even a bit sceptical but I needn't have been. We were a group of 6 and were soon relaxed in each others company. The group sessions were enlightening and thought-provoking and I hope to put what I've learnt to good use with a renewed approach to my life. The "extras" sessions were a luxury. The Slad Valley is beautiful, the perfect setting for a retreat and the shepherd huts are cosy and comfy - almost cocoon-like! Maddie is a lovely person. She is genuinely and quietly compassionate - a skilled teacher and a great cook! Thank you, Maddie - I hope to see you again one day. J T</p>
<p>August 2016</p>	<p>Just Wonderful</p> <p>A friend and I attended a weekend retreat with Maddie at Heartspring.</p> <p>We met four other lovely, like-minded people and enjoyed their company. The retreat activities were well balanced, thought provoking, inspiring and all about relaxation.</p> <p>Maddie is a genuinely lovely woman. She is clearly very experienced and skilled in facilitating retreats and she makes the whole weekend memorable and inclusive.</p> <p>Our rooms were in the house so although we didn't sleep in the little shepherd's huts, we enjoyed comfy beds, clean and attractive surroundings and a nice hot shower. You can stay in the larger cabin as a self-caterer without attending a retreat - it's well appointed, cosy and self-contained.</p> <p>The vegan food was absolutely scrummy. The surroundings are wonderful - the beautiful garden slopes away to reveal stunning views of the Slad Valley. You can sit at the bottom of the garden and be eye to eye with the buzzards who swoop around the valley so if you're a wildlife lover, this is a real treat.</p> <p>The retreat is great for experienced retreatants or first timers. Go if you can - you won't regret it. I hope we will find ourselves there again - it would be lovely to re-connect with our fellow retreatants. S B Norwich</p>
<p>August 2016</p>	<p>Beautifully Wonderful</p> <p>A tad anxious at first, yet on meeting Maddie and seeing the location, surroundings, accommodation and facilities all my concerns fell away. I can not recommend this enough. Maddie is simply an inspiration. Such a peaceful place surrounded by beauty. The shepherds huts were just right with very comfortable beds. The weekend course was fantastic value for money and would highly recommend a one to one healing session with Maddie. Something new with every meditation session, and so easy to be a part of. Being surrounded by like minded people made the experience extra special. Home made vegan food (yes that's vegan) was some of the most tasty food I've eaten and inspired me to make changes in my own diet. If you need to de-stress, relax and discover some amazing things, this is the place for you! Particularly loved the Tibetan Singing Bowls. With love S Thatcham</p>
<p>July 2016</p>	<p>Lovely and Positive Experience</p> <p>A friend and i visited Heartspring with an open mind and not knowing what to expect. Maddie was lovely and welcoming. We stayed in the house as all shepherds huts were taken but they looked lovely to stay in. Very relaxing stay, loved the garden and the Rose Sanctuary. I am not vegan but the food was amazing and has inspired me to incorporate more vegan meals into my own eating/diet as i never knew they could be so tasty !!</p> <p>The "gatherings" in the rose sanctuary i found to be very helpful and relaxing....loved them!</p> <p>Plenty of walking if you fancy a stroll locally, amazing views from garden. I felt able to do as i please, no pressure to take part in anything. Everything was very accommodating as was Maddie. (Lunch/breakfast cabin was a bit snug for 6 people around a table but manageable)</p> <p>Please visit with open mind (i mean this in a positive way) for meditations and relaxation techniques. Ideal for the free spirit in you!</p> <p>I would definately consider coming again. V S</p>

<p>June 2016</p>	<p>Well-Recommended</p> <p>The retreat was just what I needed. The peace and quiet were phenomenal. The therapies were fantastic - thank you Maddie and Annabel. Beautiful surroundings, everything I needed was provided. Well worth a visit. D L</p>
<p>April 2016</p>	<p>Nurturing and Restorative</p> <p>I came back from a Deep Heart retreat at Heartspring a couple of weeks ago and it was an amazing and transformative experience.</p> <p>I was a little nervous at the start. Only 6 of us were on the retreat and I didn't really know what sort of activities would be available. It turns out, I needn't have worried! Maddie was fabulous, gearing the retreat and activities around all of our needs (and somehow magically meeting very diverse requests all in the same activity!)</p> <p>The accommodation was great. I had a single shepherd's hut - spotless, warm, cosy, and wonderful "nest" to escape to when needing some alone time.</p> <p>The food was a definite highlight. Lots of lovely, healthy vegetarian food with fantastic flavours and variety. Also, plenty of snacks and hot drinks on offer throughout the day.</p> <p>Maddie was the magic ingredient, however. Her attentiveness, love and kindness made the retreat a really powerful and transformative experience.</p> <p>I shall definitely go back!</p> <p>Room Tip: I can thoroughly recommend the smallest shepherd hut - great view and very cosy. G A</p>
<p>February 2016</p>	<p>Extraordinary Experience</p> <p>Heartspring is created with Maddie in the centre of it all: her wisdom, her beliefs, her soft, kind nature, her compassionate soul and friendship.</p> <p>When I came to Heartspring I was anxious as to what I would expect. I had booked a retreat where others would be present too, but on this (fortunate) occasion it had turned out that I was the only one who would be there. Despite this, Maddie made every effort to turn my retreat into a pleasant one, one that was specifically for me!</p> <p>Originally I had booked a single cabin, but Maddie kindly gave me the Pine Lodge, which had an ensuite bathroom and kitchenette. It also had a desk with a chair, and a single comfy chair and a double bed. There was no issue with heating or hot water, and there was plenty of good books to read from. There was herbal teas and some basic toiletries I could use which was useful!</p> <p>The Rose Sanctuary is decorated beautifully with comfortable pillows, good heating facilities (wood burning stove that you can use), candles, scents, music and dim lighting. It's the perfect place for serenity after dinner!</p> <p>Maddie also provided full catering for the week, which I have to say, every single bite was savoured! The diet was vegetarian, gluten free, but every single meal that Maddie kindly made for me was absolutely delicious! From homemade soups, to oven bakes, apple pies and even homemade bread. She kindly provided plenty of snacks too, probably more than I could consume - yogurts, fruits, drinks, biscuits!</p> <p>And then there was the individual sessions with Maddie, these were very useful and can be used however you wish - although Maddie has a selection of sessions you can choose from. We went over the allocated time but Maddie was more than happy to continue.</p> <p>I think what I'm trying to say is that Maddie put my needs at the centre of it all, when it came to experience. I couldn't thank her more even if I tried but it was a wonderful experience. She even managed to get me a lovely last minute massage! I think there was wi-fi available. S</p> <p>I would definitely recommend coming here, and I would more than recommend bringing a good pair of walking shoes for the season!</p> <p>Overall, Heartspring put the spring back into my step and gave me the peace and isolation I was</p>

	<p>seeking for. I will definitely be looking to return here - perhaps in the Summertime..</p> <p>See you soon Maddie and wish you all the best!</p>
February 2016	<p>Brilliant Retreat!</p> <p>Arrived with some trepidation, not knowing what to expect but was immediately put at ease by a warm welcome from Maddie.</p> <p>The cabin was cosy, warm and spotless. Everything you needed was there. Shower was hot and lovely. Bed very comfy. Felt at home straight away.</p> <p>Maddie kept a respectful distance during my stay. She was there if needed but otherwise I was given complete privacy and allowed full use of the wonderful meditation space.</p> <p>The location is excellent. 15 mins walk to Stroud which is a lovely town and the local area is beautiful.</p> <p>Sessions with Maddie are brilliant and not forced upon you so you can choose which ones you want to do. The massage was lovely and everything else was tailored just for me. It felt like it was all hand made for me.</p> <p>I will definitely return. I would recommend this place to anyone just needing a bit of breathing space. Brilliant. E</p>
October 2015	<p>Lovely Space to Reconnect with yourself</p> <p>I went for some much needed time off and was well looked after by Maddie. She was very caring and I felt extremely nurtured. The food was fantastic - all home cooked and vegetarian but tasty. She also led the retreat with a timetable, so that you weren't just wandering around with time on your hands. She gave us insights into how to reconnect and it was very useful. I also booked a couple of therapies whilst I was there which was lovely. Since coming home I have felt a shift in my perspective and am feeling much calmer and happier. F Camberley</p>
October 2015	<p>A Gentle, Nurturing and Uplifting Experience</p> <p>If you are looking for a genuine retreat that offers a relaxing and private environment, yummy home cooking and a sensitive, caring approach to healing, soul-searching and personal reflection - Maddie's is the place for you. I arrived troubled - but returned home glowing, positive, my sense of perspective and humour restored. D V</p>
September 2015	<p>Lovely Calm Space to Connect Deeper with your Heart</p> <p>Maddie runs a lovely retreat space in the beautiful Cotswolds. She is a lovely caring soul, who cooks brilliant and delicious very healthy food. She adapts her classes to the needs of the attendees, and we covered a range of different exercises, inner work, meditations, sound healing, chi gung, and much more. She holds the space well, is very present and available, and also gives excellent massages! She is a verifiable wonder woman!</p> <p>Treat yourself to some inner reflection and peace of mind, and regain your strength and focus. O W Hertford</p>
August 2015	<p>Just Perfect</p> <p>Searching for "nurturing retreat" on the internet I found Heartspring and instantly knew it was exactly what I needed. I was looking for a "safe space" to do some soul searching - Maddie and Heartspring gave me this and so much more. In beautiful surroundings we explored "self" and techniques to connect with self. Maddie oozes calmness and empathy and has certainly helped me personally to have confidence to move forward having been stuck for many months.</p> <p>The food (vegan) was all freshly cooked by Maddie, was so delicious, it really opened my eyes to what is possible if you step away from meat and 2 veg.</p> <p>I have no hesitation endorsing Heartspring, Maddie and the environment they provide. Just excellent! J</p>
July 2015	<p>A Peaceful Haven of Nurture, Support and Tranquility</p> <p>What a nourishing week. I'd never been on a retreat before but decided to go on the recommendation of a friend who had been to one of Maddie's weekend retreats. I was nervous</p>

	<p>initially but Maddie somehow just manages to make you feel safe and at ease. The other retreatants were lovely people to spend the week with and equally open minded and respectful of each other. The vegan food was delicious and plentiful, a vegan diet was completely new for me but I looked forward to every meal! Go with an open mind to all that you will learn and experience. I would definitely go on another retreat in the future, either at Heartspring or somewhere else. I was sad to leave the peace, tranquility and beauty of the retreat but feel I have brought much home with me. A special week, I've already recommended it to several friends! If you feel you need a break, to devote some time to yourself to get away from the pressures and demands of life and to find ways to support yourself to cope, go to Heartspring, you won't regret it! A C Norwich</p>
May 2015	<p>Amazing Retreat</p> <p>I stayed at Heartspring for a week long retreat and it was just perfect. Maddie is an amazing lady and she tailors the retreats to the needs of people attending. She is very caring and always here if you need her. Her presence is very healing and you just feel safe and nurtured all along, even when some stuff is stirring inside.</p> <p>The accommodation was great. I didn't expect it upon arriving, but my hut didn't have electricity or a bathroom (my bad, I mean, do you expect an ensuite bathroom in a shepherd's hut??) BUT it was very well equipped with chargeable lights and I didn't mind at all. There was even a little fireplace that Maddie helped me light up some evenings, and it felt very cosy. The whole place is very environment friendly, all the food is wonderful, abundant and vegan, very high quality also. Maddie is an awesome cook. The garden is absolutely beautiful, at night I would go to bed watching the moon, listening to the wind in the trees, various animals, and just enjoying connecting to nature. The rose sanctuary is such a special place, a true haven. My phone was switched off and it was bliss. There are also lovely walks to do around.</p> <p>Activities wise, it depends on who is attending, but we did various sorts of meditation techniques and other activities like walking, singing bowls, sound baths, creative drawing, meditative walks, deep relaxation with visualisations, also Maddie uses the techniques of focusing and non violent communication which were a total discovery for me but were oh so efficient. I understand myself better now and I feel I am moving forward in my healing journey. I brought my yoga mat and practiced everyday.</p> <p>I would definitely recommend this place to anyone needing to get away from it all and reconnect with themselves. A M London</p>
April 2015	<p>Amazing, Restful and Deeply Nourishing</p> <p>Whether your looking for healing, deep soul work, peace, nourishment, rest or dealing with pain and grief this is an amazing place for the mind body and soul. The food is fantastic, I'm not vegetarian but it was so tasty and so now I'm beginning a vegetarian adventure! The accommodation is very clean very very comfortable and the atmosphere here is wonderful. I would recommend this to anyone and would certainly book again! K</p>
March 2015	<p>This Is The Place You're Looking For</p> <p>My first stay at Heartspring was in November last year. At the time, I needed to take time out of my life and find sanctuary. I searched for places all over the South West, but couldn't find anything to compare to Heartspring. I decided to stay, though it was not far from where I live. A great decision, because Heartspring met all my expectations. A warm and comfortable hut to stay in, with all the facilities you need, and a beautiful meditation space just next door. I had quietness and privacy, though I knew Maddie was there for anything I needed, including different therapies that could be arranged. The valley is beautiful, and I felt surrounded by nature, with lovely walks on the door step. And yet walk in the other direction and in 15mins you're in Stroud, a vibrant place full of independent shops and cafes you can spend hours in.</p> <p>I've just come back from my second stay, and everything was even better than I remembered. I spent more time in the Rose Sanctuary, meditating and doing yoga by the fireside. In the evening I could hear the hoots of owls and I slept soundly.</p> <p>And all of this for a very reasonable price...</p> <p>I intend to visit Heartspring regularly, gratefully, and would wholeheartedly recommend it. H P</p>
February 2015	<p>A Peaceful Weekend</p> <p>I booked into Heartsprings for some thinking time and meditation. On arriving, I was given a warm welcome by Maddie and shown to my home for the next few days. I very quickly realised I had stepped into another world, well away from outside pressures and distractions. The</p>

	<p>meditation sessions with Maddie in the Rose Sanctuary took me into a deep trance and allowed me to unravel some of my built up pressures. Being close to the country and fabulous walks was also a great asset.</p> <p>Highly recommended. Excellent value. I will certainly return.</p> <p>PS - turn your phone off when you arrive! Or leave it at home. R Newcastle-upon-Tyne</p>
February 2015	<p>Peace, Calm and Tranquillity</p> <p>The other reviews are completely correct and say it all. The rose sanctuary built on rose quartz and filled with the crystals gives an enveloping hug whilst Maddie gently puts your jigsaw together. I completely left myself and walked around for 4 days in a wonderful daze not having to worry about times, food and other responsibilities that life dictates. The traumas that I have been dealt are still there but manageable and I have returned invigorated and with good coping strategies.</p> <p>I have to add that I could happily convert to vegan life as long as Maddie was there to provide it. It was delicious and I didn't miss any of our 'usual' food!! I will return for one to one one day. Although the initial thought of mixing with 4 other unknown ladies was a bit of a concern, we have left as friends closely linked with a shared experience at a difficult time in our lives. There are plans afoot to meet again. I felt the camaraderie was similar to NCT relationships shared with babydom! Maddie's and her team are all gentle, trained and full of empathy. It was a wonderful, cathartic and rebalancing experience and I highly recommend going. C Surrey</p>
February 2015	<p>Araceli Humphreys – Heartwarming!</p> <p>As I walked towards the house, I felt like a child being dropped off at camp but any misgivings I had soon evaporated as on the other side of the gate I discovered a safe place. Day by day Maddie's warmth and care enveloped us all and I found myself shedding layers of emotions that I'd never known before.</p> <p>Each mouthwatering meal was eagerly awaited and provided a very intimate and relaxed time for our little group. Maddie is truly the core of this amazing place, saying so much without actually uttering a word. I came away with renewed energy and the feeling that I now have within me the capacity to make my life a more relaxed and rewarding one. Thank you Maddie. A H Cheltenham</p>
January 2015	<p>Deep Heart : Peace and Serenity</p> <p>I have just returned from a 'Deep Heart' weekend at Heartspring. There were 4 of us who had never met before. This did not matter as Maddie created a welcoming, warm and nourishing atmosphere so that we soon felt entirely comfortable together. We were able to share a taster of several techniques which we were able to experience and practice as well as individual treatments such as Indian Head Massage and Healing. Personally I have gained great strength from the experience to help me through a traumatic period of my life and I am able to make choices and decisions about the way forward. I will certainly go back to learn more and hope to keep in touch with the friends that I met. The accommodation was entirely suitable and the food was outstanding!!! F H Wrexham</p>
January 2015	<p>Excellent</p> <p>A super little getaway retreat to escape from the stresses and strains of normal life, very peaceful and the therapies i had were very relaxing and professional, I know it has certainly set me up for the year ahead. I would highly recommend. L M Malvern</p>
November 2014	<p>Profoundly Nourishing and Grounding Retreat</p> <p>I spent a 4 wonderful nights at Heartspring. I came with the need to explore some difficult decisions and changes to be made in my life. It was the perfect place! The Slad valley is so beautiful with accessible walks even for someone with limited energy. The garden is gorgeous even in late autumn and the views beyond are lovely. Falling asleep listening to the owls was very restful. The chalet I stayed in was cosy, well equipped and clean. It is thoughtfully furnished with all necessities - including varied and interesting reading matter. It very quickly felt like my own home haven. I opted for a massage with Rebecca - an excellent mix of therapeutic - helped my painful neck - and relaxing - set me up for the week. I also benefited from an hour with Maddie - each day - so so helpful. Maddie's gentle loving presence is a big part of what made this retreat so effective - oh and her wonderful vegetarian suppers. The rose sanctuary was a lovely place to sit and read or meditate with the fabulous wood stove. It is a very special place. I heartily recommend it. I felt so much more in tune with myself by the end that the big decisions felt much</p>

	<p>easier to handle. Big big thanks to Maddie - who is extremely skilled at what she does yet maintains a very respectful and allowing presence. Heartily recommended! H S York</p>
<p>November 2014</p>	<p>A Peaceful Escape from the Daily Grind</p> <p>I have just returned from a 3 night stay at Heartspring and was very sad to leave. The wooden pine lodge in the garden where i stayed was so lovely. It was cosy, very clean and very comfortable. Lots of comfy cushions and blankets. It has a great little kitchenette to cook in and the shower was powerful and piping hot. The garden is so pretty with a couple of other wooden huts, though I was the only guest over the weekend so thoroughly enjoyed having the garden to myself listening to owls and watching birds flit about. The rose sanctuary is a lovely small wooden building with lots of cushions, crystals and a lovely wood fire oven that you can use to relax and meditate in. Maddie was very helpful yet unobtrusive. I went for lots of walks in the valley (amazing views) and the town has a great farmers market on the Saturday. I didnt have any sessions of healing or or therapies this time as I just wanted a peaceful place to stay but I will certainly go back again soon to try some out. A wonderful place to escape to and find some calm. T G</p>
<p>August 2014</p>	<p>An All Round Amazing Experience – Highly Recommended</p> <p>I stayed at Heartspring in August 2014 after hitting a difficult point in my life with post natal depression.</p> <p>I spent a couple of days searching for retreats on the Internet. After I came across Heartspring, intuition told me that this would be the right retreat for me.... The actual experience far exceeded my expectations.</p> <p>I stayed in the guesthouse across the road - a perfect room, simple but comfortable and was warmly welcomed by both Maddie and Allison (the guesthouse owner).</p> <p>Heartspring itself was an incredible experience - the group workshops and therapies on offer gave me plenty of opportunity to explore, evaluate and make decisions - I laughed, cried, and experienced every emotion in between.</p> <p>The really special part was sharing the retreat with other people.... Strangers when we arrived, now friends for life.</p> <p>EVERYTHING about heartspring (bar the weather on occasion!) was absolutely perfect for what I needed, I came away feeling much more connected with myself than I had in a long time.</p> <p>Great value for money - I would absolutely recommend Heartspring to anyone looking for a retreat. This was my first retreat, and I would go back again in a heartbeat. C M Alsager</p>
<p>September 2014</p>	<p>Time To Reflect</p> <p>I spent three nights in Maddie's lovely cabin and was blessed with wonderful weather throughout. There is a magical 'childrens' story book' feel about Heartspring - the cabin in amongst so many majestic trees, the little gypsy-type-caravan lower down in the garden, smoke wafting from the garden incinerator in the evening against a setting sun, and the glorious Slad Valley stretching out below at the end of the garden. And then there are the cats that come and go, one who joined me most affectionately on my rug as I lay in the sun, offering me a purring welcome.</p> <p>Maddie gives such caring attention to everything - the note on her front door to welcome me, telling me she was in the garden, the beautifully arranged room in the cabin, the cleanliness of everything. Maddie's quiet and non-intrusive availability was a gentle background presence to my stay and the session I had with her of 'Healing Presence' was powerful and gave me much to reflect on during the time I was there. Walking in the the nearby woods was a great source of pleasure and interest, and an ideal way of reflecting on the things that I needed to consider.</p> <p>In short, this was an excellent, (and very reasonable), way in which to take time out to consider the deeper things of life. J C Bristol</p>
<p>August 2014</p>	<p>Retreat For Two</p> <p>I googled 'retreat' and found Heartspring and I'm so glad I did. I was looking for somewhere small and peaceful for my friend and I. I arrived the day before my friend and was welcomed by Maddie who showed me to the cabin. She undersold it, it is BEAUTIFUL and not half as small as I expected. There was a lovely selection of teas and coffees, lovely little kitchen, books, shower gel</p>

	<p>and cushions galore! It was spotless and smelled amazing.</p> <p>The treatments we selected were given in a beautiful haven which we could use whenever we liked.</p> <p>The night I arrived I had a great therapy session with Maddie and slept that night for 12 hours!!! I haven't done that since I was a teenager, it was so relaxing and peaceful.</p> <p>Our couple of days were absolutely fantastic and we will definitely be back. Just wonderful.</p> <p>Thank you Maddie, you are an inspiration. J Northwood</p>
August 2014	<p>Perfect Treat</p> <p>Staying at Heartspring Retreat in Pine Lodge was a great decision. I found the experience very relaxing as I was able to switch off and enjoy the garden, the lodge and woodland walk near by. It was private and the use of the treatment room when wanted. Combined with healing, meditation and reflexology treatments this little retreat worked perfectly for me. I came away feeling refreshed whilst gaining some poignant insights from Maddie about which direction I felt the need to go in next. Thank you!</p>
July 2014	<p>Nourishing and Nurturing</p> <p>This is a place where I could slow down, relax in peace, restore, and get back in touch with myself. I felt nourished and nurtured by everything there - the surrounding valley, the garden, the seriously delicious and healthy food, great sleep - and Maddie's truly wonderful and amazing healing abilities. H T London</p>
April 2014	<p>A Nurturing Experience</p> <p>I really enjoyed a group retreat at Heartspring, a very peaceful place in lovely surroundings. Maddie offers a very nurturing time with great food and accommodation, giving you space to relax and think. With sessions tailored to the group needs it was a really beneficial learning experience. The beautiful countryside offered some super walks and the lovely garden and rooms provided a relaxing environment. I'd recommend the cosy Shepherd's Hut and the wonderful massage available with Rebecca. J T</p>
March 2014	<p>So Peaceful</p> <p>I needed to get away for a few days to retreat from the world and re-balance. Maddie had just finished a group retreat that week but was very kind to let me arrive the day after at very short notice. I stayed in the wooden lodge in the garden which was very peaceful and quiet. Maddie has a wonderful gift of being able to help you focus on where you are in life and very gently empowers you to move forward. I had the Emotional Tapping Therapy with Alison which was very good. Together with the healing and lovely countryside I left feeling a lot stronger and ready to go back into the world. H Welwyn Garden City</p>
March 2014	<p>The Real Deal</p> <p>Just returned from an amazing 5 days at the Heartspring retreat in Stroud. I arrived feeling emotionally drained and in need of nurturing and revitalising. By the end of the week I was ready to take on the world again feeling very relaxed, re-energised, mentally clear with my self-belief back on track. My fellow retreatees x 4 were strangers at the beginning of the week and life long friends by the end due to shared experiences along the way and being there for each other. Our leader Maddie has obviously been put on this earth to provide these retreats and creates days of quiet reflection, some meditation, very gentle exercise, group activities that are both playful and creative supporting and enabling us to reconnect with our true selves and our life goals.</p> <p>Therapies are available at an extra cost but are well worth it. I had the Emotional Tapping Therapy that was very good by the lovely and very talented Alison who also manages the B&B across the road. The Indian Head Massage was also good but my overall favourite was the Reflexology that was divine and that provided a turning point for me during the week enabling me to be able to make the most of what Maddie had planned. If you can switch your phone off, refrain from following the news and keep off-line plus try to immerse yourself in the fabulously delicious Vegan food provided by Maddie you will be on to a life changing winner. Well done Maddie and thank you from the bottom of my heart. S F Leicester</p>