

## Animal Therapy Retreat for Adults hosted by Quiet Waters

**Date:** Wednesday 15<sup>th</sup> October 2025

**Time:** 10am – 3:30pm

**Location:** Quiet Waters Christian House, Flixton Road, Bungay NR35 1PD

**What to expect:** Take a break from everyday stress and routine and immerse yourself in a calming environment with the **Pakefield Pastures** therapy animals. Perfect for adults seeking emotional restoration, quiet connection, and a mental health reset. Gentle farm animals including sheep, pigs and goats.



We will take time to reflect on the spiritual and faith elements of God's creation, our emotional well-being and how we experience that in our lives as well as supporting others to do so.

Benefits of Animal Therapy:

- ✓ can reduce stress, anxiety and depression
- ✓ lowers blood pressure and heart rate
- ✓ boosts mood & emotional well-being
- ✓ encourages mindfulness and presence

**Cost:** £50.00 includes refreshments and a two-course lunch

**To book:** contact the QW office at [mail@quietwaters.org.uk](mailto:mail@quietwaters.org.uk) or 01986 893201

## Animal Therapy Retreat for Families hosted by Quiet Waters

**Date:** Friday 10<sup>th</sup> April 2026

**Time:** 10am – 3:30pm

**Location:** Quiet Waters Christian House, Flixton Road, Bungay NR35 1PD

**What to expect:** Take a break from everyday stress and routine and immerse yourself in a calming environment with the **Pakefield Pastures** therapy animals. Animal therapy creates a relaxed and engaging environment for family members to connect and communicate. Gentle farm animals including sheep, pigs and goats.



Benefits of Animal Therapy:

- ✓ can help reduce stress & improve social skills
- ✓ fostering a sense of comfort and safety
- ✓ leading to positive family interactions & improved overall well-being

**Cost:** £45.00 per adult + £10 for child (under 12) or £15 (12 & over) includes refreshments and a two-course lunch – For more than one child per adult please contact Quiet Waters office

**To book:** contact the QW office at [mail@quietwaters.org.uk](mailto:mail@quietwaters.org.uk) or 01986 893201