

TOFTE MANOR



Spiritual Sanctuary & Retreat Centre



TOFTE MANOR

Elemental Properties

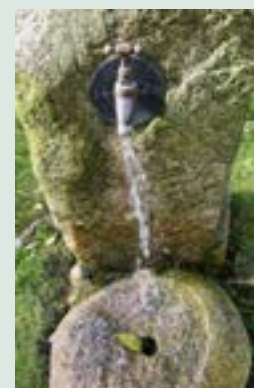


If you are looking for a private, intimate venue of exceptional beauty in which to host your inspirational workshop or retreat, then look no further. The magic of Tofte Manor is held in its gardens, its labyrinths, its history and the lovingly restored interiors of this wonderful 17th century manor house. What makes Tofte Manor different is the harmonious, holistic environment we provide. All of the elements Earth, Air, Fire, Water & Spirit have been incorporated in the design of this Tofte Manor which still retains it's original purpose of a home.

Tofte Manor is the perfect setting for inspiring events, allowing you to work within clear, tranquil, uninterrupted space.

Whatever workshop or retreat you choose to host at Tofte Manor, our team will guarantee that it is organised beautifully and flawlessly, giving you the support you need.

Welcome to Tofte Manor - a hidden gem!





TOFTE MANOR

“It is with the Heart that we love

The Mind that we create

The Body that we feel

The Soul that we dream

And the Spirit that we fly”

TOFTE MANOR

Inspirational workshops



At Tofte Manor, our holistic approach to all aspects of life makes this an ideal setting in which to host inspirational workshops, whether they are based on an aspect of transformational leadership, life coaching, personal growth and inner development work; yoga, meditation, emotional and physical healing, or environmental awareness.

We have several different function rooms ideally suited for this type of work, as well as 50 acres of land in which to roam.

Holistic therapies and guided labyrinth walking are available to support your group during your stay.





TOFTE MANOR

For what it's worth ...

“For what it’s worth: it’s never too late or, in my case, too early to be whoever you want to be. There’s no time limit, stop whenever you want.

You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you.

I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. If you find that you’re not, I hope you have the courage to start all over again.”

by

F. Scott Fitzgerald

TOFTE MANOR

Retreats



It is all too easy in this world of high activity, targets and ambitions to overlook the importance of taking time out to simply 'be'. Retreats are a time to 'treat' oneself and recharge with no external intrusions.

Tofte Manor is a wonderful place of beauty and tranquility providing an environment for retreats which is energetically charged and incredibly peaceful. Sitting

on a major ley line, this beautiful, harmonious house and grounds provides the ideal environment for contemplation, healing and personal development.

A range of holistic therapies and activities including massage, meditation, crystal healing, yoga and guided labyrinth walking are available to complement your stay.





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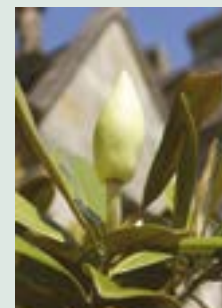
Glorious gardens and magical places



Five acres of beautiful landscaped gardens provide wonderful serenity and peace. As you wander around you will find secret places, statuary, rose arbours, ancient trees and planting schemes that fill the senses.

Magnificent sweeping lawns drift off into the fields in the distance. Soft herbaceous borders crammed with colour, shape and forms are held by formal box hedging which edges the lawns. Steps lead down to a sunken garden with a rose arbour, a stunning crystal ball water feature and ageless statues set amongst formal box parterres.

You will find unusual swings hidden amongst stately trees, mystical giant crystals in curious places, an outdoor heated swimming pool, tennis court, and of course - the labyrinth.







TOFTE MANOR

The Earth Labyrinth



Rising above this unique earth labyrinth sits a bronze sculpture by Domenic Welch, called 'Rising Form', an echo of the earth's calling to us to pay attention. Entering this labyrinth we are challenged to face our fears of darkness and let go, trust and dive into the mystery of the creative matrix. We are invited to have a conversation with Mother Earth and with ourselves.

The Earth Labyrinth is inspired by the sacred geometric form of the vesica piscis or the vulva, the yoni, the sacred entrance into the creatrix of the womb. As you walk to the centre of this seven-circuit labyrinth an underground passageway takes you into an earth chamber which sits in darkness and invites you into the stillness and creative energy of the Mother Earth womb. From darkness all life begins, out of the Void, out of a seed buried underground and out of our wombs.

At the very centre of the dark chamber rests a seat with a large quartz crystal buried underground that your feet sit upon. In the winter a little water rises into the chamber representing the nourishing amniotic fluid of the womb. In the summer it dries up echoing the natural flow of nature's sap, above and below the earth as the seasons change.



TOFTE MANOR

The Star Labyrinth



The Star Labyrinth at Tofte Manor is a source of inspiration and peace. Nestled in a quiet secluded part of the garden it is filled with a sense of tranquillity and ageless beauty, stirring feelings of enchantment.

This labyrinth copies the design of the ancient pattern of the labyrinth in Chartres Cathedral in France, but with a unique twist. It incorporates all the elements in its design; earth, air,

fire and water. The water that runs through the labyrinth pathway can be drunk. It is delicious, pure and vital, and is served to all our guests during their stay.

Research has shown that walking a labyrinth creates balance in the body and brings peace to the mind. The benefits of walking labyrinths are now recognised by many universities, hospitals, hospices, schools, inner city councils and cathedrals.

New labyrinths are being built by these institutions all over the world, providing spaces for contemplation, creative thinking, healing and stillness. As a setting and a tool for inspirational workshops and retreats, it is unbeatable.



TOFTE WORKSPACES

The House of Feathers

Our beautiful Yurt, The House of Feathers, is set on a quiet spot within the grounds not far from the Star Labyrinth. This is a circular space, 33 feet in diameter and is kept beautifully warm with far infrared heating that helps the body to detox and build the immune system. The space can easily fit 25 to 30 people for a variety of practices.

This is a wonderful quiet space that is perfect for sound work, yoga, dance, lectures and all workshops.



TOFTE WORKSPACES

The Fire Pit

The Tofte Fire pit sits in a quiet space under open skies and near to an ancient oak tree. It is built in the shape of the ancient symbol of the ouroboros, the snake eating its' own tail representing death and re-birth. In the centre, under the fireplace lies the yin/ yang symbol making this a special space for working with the cleansing element of fire.

The element of Fire is transformational and purifying. It gives warmth and comfort, and it also burns away and destroys. Like everything in its extreme, it holds the energy of the polar opposites, nourishment and destruction.



TOFTE WORKSPACES

The Crystal Room



This is a spacious light rectangular function room measuring 10 x 5 meters set in the Stables Courtyard. Magnificent amethyst geodes stand sentinel in each corner of this room. It is equipped with a Bose music system, an overhead projector and screen, underfloor heating, and a loo. It is ideal for many different more intimate events and fits 18 people comfortably for a range of events.



Sekhmet Cottage

Set in the Stables Courtyard this cottage is popular for day events. A great private space with its own kitchen and dining area. It is ideal for events used in conjunction with the Crystal Room or Yurt.





ACCOMMODATION

Tofte Manor

The interior of the Manor House has been sympathetically and exquisitely restored. Featuring interesting architecture, beautiful antiques, paintings and harmonious interior décor – this is a wonderful place to relax, enjoy and absorb the peaceful atmosphere.

The Manor House has nine luxurious bedrooms with shared bathrooms, created with imagination and attention to detail for your comfort. Six of the bedrooms are doubles, and three are twin-bedded which can be converted to doubles if required.



ACCOMMODATION

The Stables Courtyard



The Stables Courtyard has seven bedrooms, five of which are en-suite doubles or twin-bedded rooms, with two bedrooms sharing a bathroom.

The accommodation is flexible with additional beds being added where needed, making it ideal for groups willing to share.

Two of the cottages have fully equipped kitchens providing the opportunity for self-catering. All rooms in the Stables have access to computer terminals.

The Manor House and Stables Courtyard can accommodate up to 30 people. Larger groups can be accommodated in comfortable yurts or tents within the grounds or in local hotels and B&Bs.





MEMBERSHIP

Join the Tofte Manor Community

We are really excited to offer Tofte Manor Membership for the first time ever. From January 2025, you can join us in building a community of like-minded seekers and become a Tofte Manor member.

Membership is by approval and will be offered after the application process has been completed. It will only be offered to those dedicated and committed to a spiritual path.

MEMBERSHIP BENEFITS

- The opportunity to stay at Tofte Manor on a private retreat in our beautiful Sanctuary Cottage. Yoga, meditation, massage or crystal healing sessions can be booked during your stay (*subject to availability*).
- The free opportunity to visit Tofte manor on a personal visit (by prior arrangement) without being part of a group event with access to the gardens, the grounds, and the Labyrinths.
- Access to regular Members Zoom talks on various inspirational subjects.
- An invitation to the annual summer 'members only' gathering at Tofte Manor.
- Access to the Tofte Manor members directory.
- Star members will receive 5% discount on all retreat bookings.
- Early Bird access to Labyrinth Festival tickets



[CLICK HERE](#) for prices

[CLICK HERE](#) to apply for membership

THE SANCTUARY

Members Private Retreat



This beautiful, tranquil and comfortable cottage is only available to those holding a TOFTE MANOR MEMBERSHIP. (*Charges apply.*)

It is set away from the Manor House and Stables Courtyard in its own quiet spot in the grounds, not far from the Star Labyrinth and Fire Pit. It is totally self-contained with a fully equipped kitchen and a lovely separate shower room.

The Sanctuary is heated with far infrared heating which keeps it beautifully warm whilst helping the body to detox and build a healthy immune system.

It purposely has no WiFi or TV, to encourage those choosing to retreat to detox from all digital appliances and have time just to 'BE'.

The Sanctuary hire is for a minimum of two nights or more.





TOFTE MANOR

Location

Tofte Manor is centrally located approximately 60 miles north of London, and is easily accessible by car or train. It is situated in the village of Sharnbrook, between Cambridge and Northampton, lies north of Bedford. Trains run regularly from St Pancras Station in London to Bedford, linking with Eurostar to Paris. We can arrange collection from the station, or taxis provide a regular service. If travelling by car, we are twenty minutes off the M1, just south of Northampton. Heathrow, Stanstead and Luton airports are within easy reach of Tofte Manor.

Detailed directions and a map can be found on our website:
www.toftemanor.co.uk



TOFTE MANOR



- PRIVACY & SAFETY
- TRANQUILLITY & PEACE
- MINDFULNESS & MEDITATION
- INSPIRATIONAL WORKSPACES
- RETREATS
- MEMBERSHIP



Contact: enquiries@toftemanor.co.uk

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Detailed directions and a map can be found at
www.toftemanor.co.uk

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