

Cae Mabon Extras

ENHANCE YOUR
RETREAT
EXPERIENCE

Catering. Holistic Treatments.
Storytelling Tours. Foraging.
Astrology. Workshops.

Book Today With Our Inhouse Resident Team.
connect@caemabon.co.uk



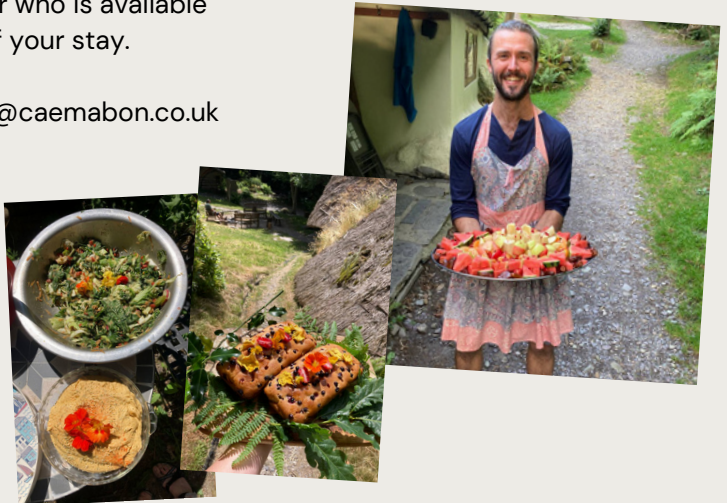
Catering

At Cae Mabon, our caterers are passionate about using organic, local, sustainably sourced and freshly prepared ingredients. With an abundance of produce available within a few miles of Cae Mabon, we are constantly seeking to prioritise menus which use only, or as much as possible of, what's around us throughout the seasonal cycle.

Total per person per day for breakfast, lunch and dinner = £30 (plant based or vegetarian)

Please let us know if you would like catering and we'll connect you with the caterer who is available for the dates of your stay.

Email: connect@caemabon.co.uk



Holistic Treatments

Therapeutic Massage by Ingwe

Available at Cae Mabon

The ultimate relaxation haven in the heart of the woods.

Trained in Swedish, Hot Stone, Indian Head and Sports massage, Aromatherapy and trigger point therapy. Weaving together techniques from all these modalities, I aim to help you achieve better health and a deeper sense of wellbeing.

If you are interested in booking treatments during your stay at Cae Mabon please get in touch with me as soon as possible to ensure availability for dates of your stay.

07543306263 / massagingwe@gmail.com



Enaid Wellbeing

Treatments available at Cae Mabon or a chosen place in nature.

Weaving together ancient practices & working intuitively with plants, ritual, massage, creativity, kambo & energy work, creating spaces for transformation & self discovery. Cariad holds space for the spiritually curious, with compassion, supporting you in stepping on the path of self discovery & Enaid (Soul) remembrance, so that you feel safe & empowered to recognize your own magic in this lifetime.

Treatments Available:

Indian Head Massage- 30min £20

Hopi Ear Candling - 30min £20

Intuitive Energy Healing - 1hr £30

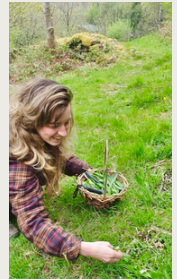
Combi Treatments - 1hr £35

Kambo - £80

Enaid-Soul Creativity Sessions *

Conscious Cuts (Haircuts) *

**Price on request*



Cariad - 07562384160
enaidwellbeing@gmail.com
linktr.ee/enaidwellbeing

Storytelling

With Eric Maddern

Eric, creator of Cae Mabon, is a storyteller, author and singer-songwriter. Born in South Australia, he spent years working as a 'bush artist' in Aboriginal communities, learning about 'songlines' and 'the dreaming'. Since living in Eryri he's become steeped in the mythology of this land.

Storytelling and Song Offerings: **A Night in the Roundhouse - £100**

Hear about Eric's epic journey to Cae Mabon and myths from the mountains. Meet Mabon, Math, Merlin and the Goddess. Always different.

Dinas Emrys Pilgrimage - £200

Eric leads a half-day walk to Dinas Emrys, once called the Fort of Fiery Higher Powers and the 'strongest place in the land'. A sacred place associated with dragons, Merlin and more.

Eco-Soul Songs - £100

Eric is also a singer-songwriter and offers songs from his two albums, 'Full of Life' and 'Rare and Precious Earth'. Plus folksongs and ballads.



Contact Eric: eric@fachwen.org

Foraging

Ben is a facilitator, permaculturist + gatherer living at Cae Mabon in Eryri, North Wales. He offers folkloric foraging events designed to deepen connection to place and to empower food-medicine community resilience

“A blissful day spent in the company of all things wild and free.”

<https://www.consciousroots.co.uk/>



Astrology

Astrology Readings with Paula.

As above, so below, as within, so without, as the universe, so the soul..."

— Hermes Trismegistus

Gain a deeper understanding of yourself by seeing how the stars were aligned when you incarnated on this planet.

Through the reading of your natal birth chart Paula takes this information to show you the opportunities and gifts given to you by the Universe. This deeper understanding of yourself and weaving it into your daily life will help bring personal empowerment.

Paula.adams1978@gmail.com



Workshops

Lawrence is a facilitator of The Work that Reconnects and Natural Human Connection. His workshops offer you a way to connect even more deeply to the living land of Cae Mabon, taking inspiration from the way and lore of nature.

These sessions can fit snugly into a morning or afternoon during your stay.

"Wisdom and inspiration is all around us in the forests and mountains. Let's welcome it together"

lbtoye@gmail.com



Cae Mabon Shop

Don't forget to pay a visit to the Cae Mabon Shop, where you will find a beautiful collection of foraged & handcrafted Herbal Produce, Vibrational Essences, Art prints & Crafts, situated near the Cae Mabon entrance. Cash or paypal accepted.

