

# 11-11-11

## A GLASTONBURY WEEKEND RETREAT OF ILLUMINATION & MASTERY



NOVEMBER 11TH - 13TH 2011  
ABBAY HOUSE, GLASTONBURY, SOMERSET

*A warm invitation to join me on a very special weekend retreat to  
celebrate this extraordinary and very powerful date.*



TEACHING  
MEDITATION  
CHALICE WELLS  
YOGA  
ESSENE COMMUNIONS  
SILENT MEAL  
PEACE WALK  
GODDESS CEREMONY  
ANGELIC HEALING  
GLASTONBURY TOR & CATHEDAL

PLACES FROM £299 INCLUDING FULL BOARD  
LIMITED PLACES - BOOK NOW TO AVOID DISAPPOINTMENT

*The powerful energy of 11-11-11 is said to open a portal which will be celebrated all over the world where light workers will be gathering to experience the waves of energy between the Divine and humanity.*

We are all here to learn and grow, we have no choice but to evolve. For humanity to Ascend we must open our hearts to the vibration of Love. Overlooking the soaring Arches of the Benedictine Abbey this peaceful site offers the perfect location for embracing the opportunity to make the highest and best choices available to us. This is the time to move our collective spirit towards the Light. Will you join me?

### What We Will Be Doing

Many are drawn to Glastonbury as special place for enlightenment and tranquility. This retreat has been inspired to invite all participants to take this unique opportunity of gathering together to bring love light and peace to humanity and our beautiful planet Earth at this extra-ordinarily powerful moment in time. (Regardless of where you may be along your individual path).

We will be working with the energies of the Archangels, angels and Ascended Masters with body, heart and soul. It will be a perfect opportunity to share experiences and knowledge in an informal and non-challenging atmosphere - to discover and engage with your own 'mastery', and raise our personal and collective vibration through group activities and powerful mediations.

The itinerary of activities is listed on the following page, (subject to weather considerations and daylight). Throughout the weekend you'll have time to relax, explore the Abbey House grounds and enjoy the local festivities too.

This retreat has been put together with loving care with the intention of joining the worldwide celebrations of Illumination and mastery, and also for your pleasure and spiritual benefit, BUT all the planned group activities are optional so do feel that you can relax too, and enjoy your retreat. Your only obligation is to bring an open mind, a generous heart, a desire to grow, and a warm smile!

If you have any questions please call Chrissie direct on 07979 961797

Useful websites with more information about Abbey House and the surrounding area:

[www.abbeyhouse.org](http://www.abbeyhouse.org)  
[www.chalicewell.org.uk](http://www.chalicewell.org.uk)  
[www.glastonburytor.org.uk](http://www.glastonburytor.org.uk)

### What Does It Cost?

The early bird cost for the retreat is £299, which includes two nights accommodation, all your meals and refreshments, and learning materials. (Extra night on the Sunday is available)

You'll also receive some special gifts from Chrissie with her thanks for sharing this unique experience.

## What Will You Need

Weather can be uncertain in November so please bring warm, waterproof clothes for our walks and outside activities.

Comfortable loose fitting clothes and either a yoga mat or beach towel will be necessary for the yoga and pilates sessions, although these are optional.

## Accommodation & Food

All meals are home-cooked and prepared in the Abbey House kitchens from produce in the gardens. Please let me know if you require a special diet. The meals this weekend will be vegetarian.

There are drink making facilities upstairs and down, again with an honesty box.

## Special Needs

The organisers are insured, but obliged to comply with certain regulations. We will ask you to be fully responsible for your

belongings. Please make sure that you have informed either Maggie or me of any medical conditions / life dependent medication you may be on. This will be treated in confidence but we do need to know in case of emergency. Occasional circumstances do sometimes arise to challenge the organiser and the group dynamic!!

## Getting There

Nearest train stations are Bristol, Bath, Taunton or Castle Cary. Buses run hourly from Bristol, Bath, Taunton or Castle Cary taking about an hour, but a taxi will take about 15 minutes from Castle Cary.

Coaches run to Bristol, Bath or Wells and a local bus from Wells takes about 15 mins. There is plenty of car parking space at the Abbey House if you travel by car.

The full address for Abbey House is:  
Chilkwell Street, Glastonbury, Somerset  
BA6 8DH Telephone: +44 (0)1458 831112





Best-selling author and facilitator, Chrissie Astell offers you the love, knowledge and experience of over 35 years of teaching, initially in business and nursing management (RGN) and, more recently, running workshops on healing, spiritual development and working with angels. She is qualified in teaching and spiritual facilitation and her books, angel cards and courses are sold worldwide.

## TO BOOK A PLACE

To book your place simply call Chrissie on 07979 961797 as soon as possible. You can pay by credit/debit card, cheque or cash, but a minimum deposit of £50 is required to secure your place, remember that numbers are limited to 20.

*“I just wanted to write a short note to say a huge THANK YOU from the bottom of my heart for such a fabulous day. I feel so uplifted and yet grounded. My heart feels lighter and I feel I have made a deeper connection with my beloved Angels and Archangels.” - Grainne Tyndall*

*“Thank you so very much for a beautiful weekend at Maynooth which was enormously enlightening and uplifting. My soul and spirit were truly lifted through all the prayers, meditations and exercises, not to mention the energies of the whole group. The silent meal made with such love was a feast for all the senses and should be experienced by everyone at least once in a lifetime.” - Madelon*

FOR FULL DETAILS AND BOOKING VISIT:  
[WWW.ANGELLIGHT.CO.UK](http://WWW.ANGELLIGHT.CO.UK)