

TOFTE MANOR

The perfect venue



Inspirational workshops and retreats



TOFTE MANOR

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 labyrinth, 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, as well as the fact that the manor house still retains its purpose as a home, which gives it a unique atmosphere of privacy and comfort whilst still delivering top quality service, accommodation and catering.

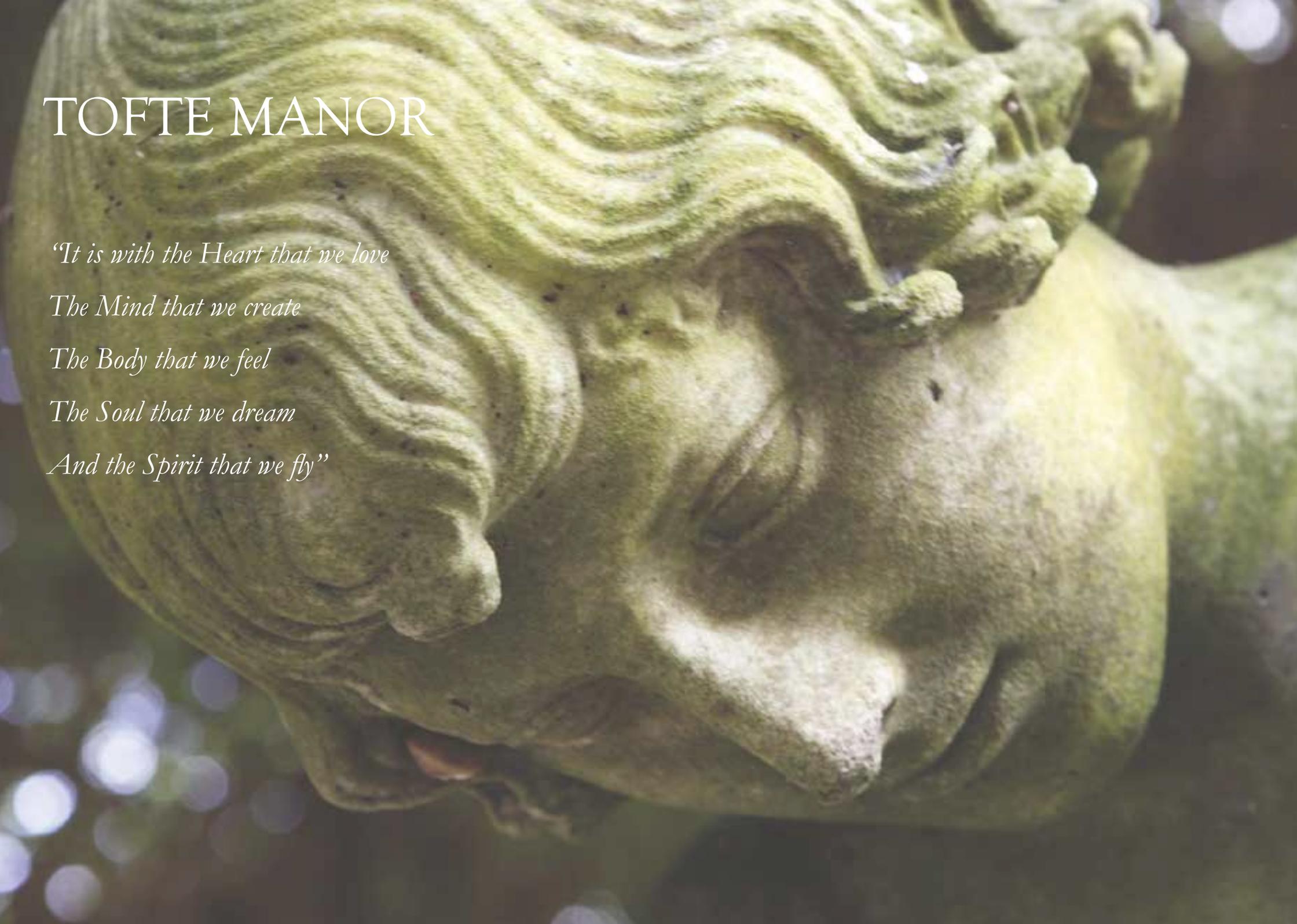
Tofte Manor is the perfect venue for inspiring events, allowing you to work within clear, tranquil, uninterrupted space.

Whatever event 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.

Suzy Castleman





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 venue 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.



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*“Nowhere can man find a quieter or more
untroubled retreat than within his own soul”*

– Marcus Aurelius

TOFTE MANOR

Retreats

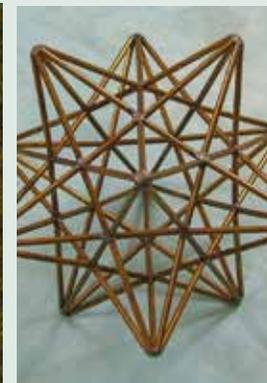
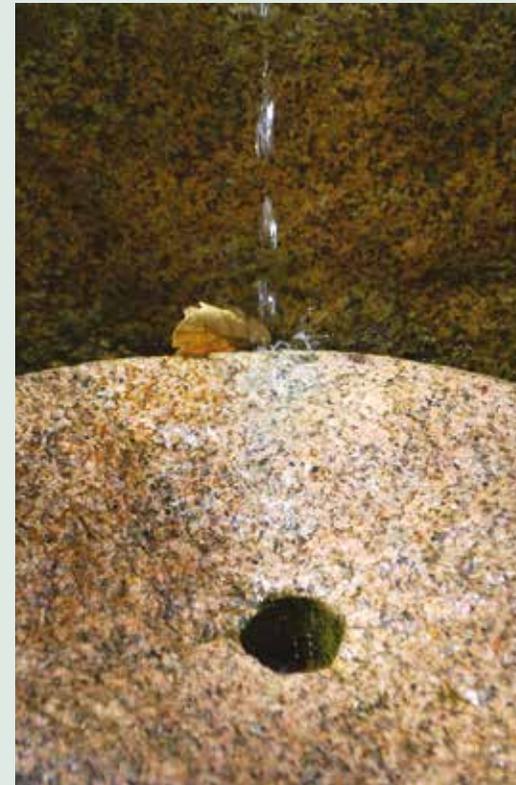


It is all too easy in this world of high activity, targets and ambitions to overlook the importance of taking time out to simply 'be'. Retreats are a time to 'treat' oneself and recharge with no external intrusions.

Tofte Manor is a wonderful venue for retreats, providing an environment that 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, yoga and guided labyrinth walking are available to complement your stay.



TOFTE MANOR

Rebalancing mind & body





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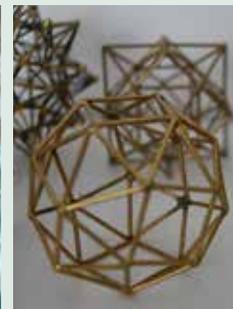
Crystal healing



The purpose of a crystal energy healing session is to clear blockages, re balance, fine tune, and harmonise the subtle energy system of the physical body. Crystal healing is a holistic and natural therapy that taps into the universal energetic field force and works on the principle that everything has a vibration and that everything is connected, be it organic or inorganic, through this vibrational energy field. All the minerals and elements that our bodies hold are contained within crystals.

Crystals are well known to be conductors and amplifiers of energy. Their internal atomic structure is a perfect geometric pattern of aligned and harmonised atoms. Using intention and conscious effort we can open our energy fields to their healing qualities.

A typical session takes about an hour during which you will relax on a massage bed and have crystals placed on and around your body focussing on the chakra centres. Apart from crystals colour, sound, aromatic oils, geometry and Shamanic practices may be used during a session. Everyone is encouraged to walk the Tofte labyrinth and to drink the Tofte water before having a healing session. This helps to balance the energy fields and enables the healing to go even deeper. You may experience symptoms of energy detox when blocked stagnant energy has been shifted, you may experience tingling, cold, heat, see colours or just feel deeply relaxed. It is not unusual for emotions to erupt and be released.





TOFTE MANOR

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 Labyrinth



The 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.





ACCOMMODATION

Tofte Manor House and Stables Courtyard



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 five luxurious bedrooms with shared bathrooms, created with imagination and attention to detail for your comfort. Three of the bedrooms are doubles, and two are twin-bedded which can be converted to doubles if required.

All rooms have delicious tea, coffee and snack facilities, as well as access to TV and Wi-Fi internet.

The old Stables Courtyard has been carefully restored and converted into beautifully designed contemporary cottages surrounding a central courtyard.



ACCOMMODATION

Tofte Manor House and Stables Courtyard



The Stables Courtyard has seven bedrooms, 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 26 people. Larger groups can be accommodated in comfortable yurts or tents, with outdoor hot water showers and ablution facilities.

There is the option of additional accommodation in local hotels and B&Bs in the village and surrounding area.





TOFTE MANOR

Function rooms, facilities and services

Tofte Manor has a great range of rooms and areas of varied sizes and styles.

Within the **Manor House**, the elegant **Drawing Room** and the luxurious **Dining Room** are available for guests' use. Guests are also welcome to use the **Library**, and the **Television and Music Room**, which are smaller, more intimate rooms.

Within the **Stables Courtyard**, the **Sekmet Cottage** is a great space for relaxed discussions or talks, as well as being a dining area for self-catering groups. The courtyard adjoins the **Crystal Room**, which overlooks the parterre garden. The Crystal Room is equipped with a state-of-the-art music system, overhead projector and screen, making it ideal for workshops, lectures and presentations.

The **Therapy Room** in the Stables Courtyard is a relaxed, tranquil room used for holistic treatments performed by our experienced therapists.

The Sanctuary is hidden in the grounds, surrounded by nature. It is an octagonal room housing a collection of crystals and geometric stars hanging from the ceiling. It is equipped with a kitchen and a cloakroom. This clear, tranquil space is ideal for inspirational workshops and ceremonies.



The labyrinth is a stunning setting for workshops, creative thinking or contemplative walks.

The five acres of **glorious gardens** and 50 acres of surrounding grounds hold many options for a variety of events. We have a heated outdoor **swimming pool** and a **tennis court**.

The terrace overlooks the sunken garden and makes an idyllic setting for breakfasts, teas, barbecues or outdoor dinners on warm, balmy nights.

Our delicious **catering** is produced by the in-house staff, or trusted chefs and specialist caterers for larger groups, providing an excellent service to suit your requirements whether they be 'organic' or 'exotic haute cuisine.'

Event planning assistance can be provided by our team helping you with all the organisational aspects of your event, as well as paying attention to the smallest detail, ensuring your peace of mind.

Chauffeur service can be arranged for guests wishing to be collected from the station or airport. We are within easy reach of Heathrow, Luton and Stansted airports.

Camping is available for those wanting to experience outdoor life and get closer to nature. We have 50 acres in which you can set up camp in comfortable yurts or luxury tents, with outdoor hot water showers and ablution facilities set up for your comfort.

Helicopter landing facilities are available on the property.







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

The perfect venue for:

- WEDDINGS
- CELEBRATIONS
- CORPORATE EVENTS
- INSPIRATIONAL WORKSHOPS
- RETREATS

Contact: enquiries@toftemanor.co.uk

01234 781924
07787 155167

Detailed directions and a map can be found at
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