

Mindfulness in Nature - Sharpham Estate



Spend half a day reconnecting with nature and the river on Sharpham Estate.

The trip can start with a river cruise from Dartmouth to Sharpham. The Sharpham Trust is a charity that cares for an historic estate on the banks of the River Dart and has been running mindfulness retreats for over 40 years. You will get the opportunity to visit the estate and participate in peaceful meditation and mindfulness activities (led by experienced and trained teachers), spending time outdoors in the stunning landscape of the Sharpham Estate in the River Dart valley.





Sharpham is not open to the public so this is an exclusive tour.

Drinks provided

Travel from Dartmouth to Sharpham by ferry or minibus.

Session is 3-5 hours.

Group size 10-20.

sharphamtrust.org
bookings@sharphamtrust.org
01803 732542

Ferry bookings:
dartmouthrailriver.co.uk
01803 555872

Minibus bookings:
Bob the Bus community bus
bobthebushire@yahoo.com
07800 745332

Coach travel:
Tamar Coaches
office@tamarcoaches.co.uk
01752 294194



Sharpham Estate is an internationally-recognised centre for mindfulness retreats & nature connection, with 40 years' experience.