**Introduction**

At St. Cassian’s Centre we have been running *Retreats* for over 40 years.

We offer school-aged residential retreats for Y3 through to Y13, as well as Staff Retreats/INSET, Confirmation, Adult and Family Retreats. We also lead Day Groups/Retreats and are able to provide hospitality for self-facilitating for groups.

Retreats are open to all, regardless of faith and age. A retreat is exactly what it sounds like – the chance to spend time away from the everyday noise of life for the purpose of resting, reflecting about self and others and just being in a welcoming, peaceful place.

As a Catholic Retreat Centre, owned and funded by the De La Salle Brothers, our ethos of Lasallian Spirituality underpins each retreat, with an emphasis on *‘Faith, Fun and Friendship’*.

Enclosed is more information about St Cassian’s and organising a retreat, as well as posters to help promote your trip.

Further details (and extra posters/information) can be found and downloaded at our website: www.thekintburyexperience.com

We look forward to welcoming you to our Centre.

**Emma Biggins
Director**