

Retreat to Gayles

Summer newsletter 2018

Another newsletter - at last - and thank you for staying with us over the GDPR realignment. Perhaps, like us, you found it actually quite a useful time to clean out, let go of the organisations whose newsletters we don't really read and just subscribe to the ones who we do like to hear from. Of course, we hope that you will continue to want to hear from us and you can always check our [Privacy Policy](#) on our website if you have any concerns (we never share your details with anyone other than, indirectly but unavoidably, the companies who provide us with cloud storage or essential things like email).

If you come to Gayles by public transport you may need to be aware that there is a major redevelopment going on in Eastbourne town centre and the bus stops are being relocated to opposite rather than to one side of the station. We will revise our map and directions when this actually happens but please do look out for any signs or changes when you arrive there.

Around Gayles:

It took a while to get going but after that stuttering start how wonderful that Spring made it here in the end. We heard that around the country everything was at least 30 days behind where it was this time last year but it all seems to be making a very determined effort to catch up and once again there's lots in the gardens to inspire us in the kitchen.

We have had a small apiary here for a long time, minded by a friend after Roz needed to stop managing it. Roz is now able to look after the bees again and has been teaching Derry and Dan (who helps us in the gardens part-time) how it's done. The bees seem to be doing well this year, we have just established a third hive and are hoping to have enough honey to be able to sell to our guests later in the summer.





Choosing colours has often been a bit of a struggle for us and for a while now we have been conscious that some of the doors etc were ready for painting; we wanted to move on and find something that reflected our attitude; that wasn't too austere, conservative or deliberately tasteful but was more overtly positive, happy even, so if you visit us again you will see flashes of extraordinary "Spring Green" giving a certain luminosity to the doors and general ambience (but we think it works!)

In case you missed our post on Facebook; we were very excited to have a tawny owl chick fledge in one of the barns here. We had needed some remedial work done to the barn and in the process the contractor, thoughtfully, turned around an owl box there which had been inhabited by pigeons for as long as any of us can remember. Clearly, owls are picky about the appointment of their accommodation and were in within weeks. The little one pictured here came out on a rather rainy day and sat soaking in the world (and the drizzle) for several hours, completely unbothered by our presence. The family seem to have moved on now although we do see at least one adult out around the place at dusk from time to time.

Meanwhile, the National Trust have now put up one of their property signs by the pedestrian gate at the entrance to Gayles and if you walk out on the Downs around you will see that they have been very busy; they have cut the paths and put in even more gates so that access from Gayles to the beaches on either side of us is much more straightforward. There are Dartmoor ponies in one of the valleys too; they eat a lot of difficult plants that aren't natural to this area and so are helping to return the estate to 'proper' downland - they have also just had at least one foal which is worth looking out for if you feel like you need a gooey moment.





What's going on:

As always, we are holding our own Gayles retreats alongside the 'independent' ones and here is a list of those coming up over the next few months. You can find more details about all the retreats that are open to everyone on the [What's on](#) page on our website.

This Heart's Potential with Kirsten Kratz (*Insight Meditation*), 6th - 8th July

Walking into Silence with Roz Robinson (*resident teacher at Gayles*), 3rd - 5th August

Walking, Yoga, Meditation, Silence with Roz Robinson, 26th - 28th October

Awakening Inner Peace and Freedom with Yanai Postelnik (*Insight Meditation*) 30th November - 1st December

Roz will also be holding her New Year Silent retreat again this year and we will post more details on our website Course Diary in due course.

Warm wishes,

Roz and Derry and all of us at Gayles



