



Wellbeing Support *at* St Antony's Priory

Individual Quiet Days at St Antony's Priory

The Priory offers all those in need of spiritual refreshment – or simply some time to relax and unwind – a quiet space in beautiful surroundings that naturally lend themselves to prayer, reflection and wellbeing. You will have the use of one of our meeting rooms, with light refreshments provided, as well as access to the Priory gardens and the library.

There is a rhythm of daily prayer in the Chapel, including Morning Prayer at 8.30am, Midday Prayer, or the Eucharist (usually Tuesdays and Thursdays) at 12noon, and Evening Prayer at 4.30pm.

The Chapel is also available for private prayer and quiet reflection at other times.

Quiet days can be arranged on any day of the week, but on certain days we may also be able to offer additional support, including:

- Reflexology and a range of holistic treatments including aromatherapy massage, Indian Head and Hot Stones massage with a fully qualified professional massage therapist. Treatments can be tailored to meet individual needs. Available by arrangement.
- An opportunity for an informal chat with a trained and experienced spiritual director or a member of the clergy able to offer a listening ear. Any such listening would be strictly confidential, subject to issues of safeguarding.

Half days, either morning or afternoon, as well as full days can be booked. If coming for a full day, please bring a packed lunch.

For further details, availability, bookings and costs please contact the Priory:

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St Antony's Priory, Durham

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