

THE WATER SHED

retreats



a transformative sanctuary...

Whether you seek relaxation, inspiration or something else, The Water Shed's award-winning biophilic design awakens your senses and provides an energising backdrop for self-development.

Yoga, Pilates, Fitness, Tennis, Cold Water Therapy, Mindfulness, Writing, Singing and Art are just some of the many types of retreats held in this immersive haven.

Commission a **Signature Retreat** curated and led by The Water Shed team, or hire the space to run your own. Overnight packages are also available.

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IO PHOTOGRAPHY

a gathering place

Whether your guests traverse the stunning botanicals next to the crystal clear waters of the natural swimming pond, or dine together in the light-filled atrium, this enchanting space is for making meaningful connections.

Nina and Daniel Rowland - Co-Creators and Owners of The Water Shed - can warmly welcome everyone on arrival and host with The Water Shed Team for the duration. *

They can be on hand to offer guided tours, and give talks on the wonders of biophilic design - the principles on which they created their home, as well as cold water immersion therapy - plus their journey on Channel 4's Grand Designs and beyond.

**Additional cost applies to have Nina and / Dan present*



CREATORS OF THE WATER SHED
DAN & NINA ROWLAND

GRAND
DESIGNS



Condé Nast
Traveler

THE TIMES

ELLE
DÉCORATION

COUNTRY HOMES
& INTERIORS

Evening
Standard

The
Telegraph

Livingetc

coast

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HESTER BARNES PHOTOGRAPHY

our signature retreat

| TIMINGS | ACTIVITY |
|---------------|--|
| 9:30 - 9:50 | Arrive, herbal tea |
| 9:50 - 10:10 | Talk about biophilic design by Nina |
| 10:20 - 11:30 | Power yoga session |
| 11:30 - 11:35 | Talk about cold water immersion and heat therapy by Nina |
| 11:35 - 12:00 | Snack and health shot, get changed for swimming |
| 12:00 - 12:05 | Cold water exercises |
| 12:00 - 13:00 | Free time: swim, spa, hot tub |
| 13:00 - 14:00 | Lunch |
| 14:30 - 15:30 | Afternoon yoga |
| 15:30 - 16:00 | Snack and shot |
| 16:00 - 16:30 | Cacao ceremony |
| 16:30 - 17:30 | Sound bath then closing circle |
| 17:30 - 17:45 | Guests final chat and prepare to leave |



This schedule is to give you a rough idea of our Signature Retreat and can be amended to suit your requirements, and those of the attendee's preferences on the day. We also offer a business / corporate retreat with specialist talks.

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“I’m in some sort of aquatic Eden, it’s joyful, this is completely magical”

KEVIN McCLOUD



HESTER BARNES PHOTOGRAPHY



“The Water Shed is truly exceptional. It embodies the essence of spiritual wellness and personal transformation”

MELINDA PALOMINO
FOUNDER OF LA SENDA

HESTER BARNES PHOTOGRAPHY

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as featured...

Featured on Grand Designs,

The Water Shed was lauded by The Sunday Times as “the best property in the show’s history” and has had huge attention from across the globe.

Condé Nast have given it the very top slot in their favourite houses to stay at in the UK. The architecture and interiors “ooze cool in every direction”.



**GRAND
DESIGNS**



Condé Nast
Traveler


THE TIMES

 **SUSSEX
HERITAGE
TRUST
AWARDS
WINNER**

**COUNTRY HOMES
& INTERIORS**

**ELLE
DECORATION**

Livingetc

MODERN RUSTIC

coast

**Evening
Standard**

**The
Telegraph**

HELLO!

**YOU
MAGAZINE**

METRO

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booked by...

Internationally renowned brands

We feel so grateful to have had some wonderful global brands book The Water Shed.

Whether it is for their team retreat day; to create content for their latest product range, or to put on an inspiring wellness event for their team / or the public, we've absolutely loved collaborating with each and every one of them.

Sometimes we offer our Signature Retreat to their team, sometimes they create their own.



LASENDA



AVON

JOE WICKS
THE BODYCOACH



dyson

THE WHITE COMPANY
LONDON

SALCOMBE
GIN

ROSIE
HUNTINGTON
WHITELEY

LASENDA

MOLTON
BROWN
LONDON

KAREN MILLEN

MINT VELVET

HEAL'S



NET-A-PORTER

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HELEN CAWTE PHOTOGRAPHY

Stay

BEDROOMS

Five bedrooms, sleeping ten total:

MASTER BEDROOM

(first floor, king size bed and en-suite bath and shower)

LOFT SUITE

(third floor, double bed and double pull-out sofa bed, small ensuite toilet)

DOUBLE BEDROOM

(first floor, double bed and bathroom with bath and shower)

TWIN DOUBLE BEDROOM

(first floor, with two small double beds - each one is 4ft x 6ft 3in / 120cm x 190cm, en-suite shower room)

SUPER KING / TWIN BEDROOM

(first floor, made up with a super king bed. Twin beds possible if requested, ensuite shower room)

BATHROOMS

6 in total: 2 bathrooms, 3 shower rooms, 1 separate toilet

COMMUNAL ROOMS

Kitchen, living room, snug, playroom, atrium dining area,

FEATURES

Natural swimming pond, wood-fired hot tub, sauna cabin, club sized tennis court, large sunken trampoline, triple swing, outdoor dining areas, large 1.4 acre garden, large private driveway for 10-15 cars, fibre broadband

EXTRAS

Private chef, private yoga retreat, masseuse, kayaking, sailing, tennis coaching, cooking workshops, pilates and sound baths

We also have a list of trusted accommodation in the area, from private houses to hotels, b&bs and camp sites.

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nutritious food

The Water Shed has a well-equipped kitchen if you would like to provide your own food for your retreat.

Alternatively, you are able to use our signature chef, Ben Hammett, subject to availability. Ben has worked all over the world and was Head Chef at The Goodwood Estate's award-winning sustainable restaurant 'Farmer, Butcher, Chef'.

With a vast repertoire of dishes, he creates menus to suit any retreat, from Ottolenghi style warm salad buffets, snacks and health shots (at £35/head); up to exquisite fine dining (POA).



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IO PHOTOGRAPHY

your private sanctuary

Slide open the kitchen doors and dive straight into the crystal clear natural swimming pond, then have a soak in the steaming wood-fired hot tub.

How about a game of tennis on the club-sized court, or a relax in the beautiful sauna cabin floating over the pond...

You're fully immersed in nature, wherever you choose to be at The Water Shed.

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equipment hire

| ITEM | DESCRIPTION | SIZE | QUANTITY | HIRE PRICE (ex VAT) |
|---------------------|--|-----------------------------|----------|------------------------|
| Yoga mats | Eco Yoga Mat, colourfree, made in the UK Sustainable plant-based materials 100% natural rubber (contains latex) and jute Biodegradable, excellent grip / non-slip | 4mm thick 183cm x 63.5cm | 27 | £5.00 |
| Cork blocks | Made from cork, a renewable and recyclable resource, non-slip textured surface | 23 x 12 x 7.5 cm | 32 | £2.00 |
| Eye pillows | Savasana relaxing lavender-scented eye pillows, with natural jute linen, unbranded | 11 x 24 cm | 28 | £3.00 |
| Blankets | Geometric tufted blanket, ultra-soft cream fleece | 150 x 200 cm | 21 | £3.00 |
| Large hot water urn | Electrical 20 litre catering hot water boiler urn for tea or coffee in stainless steel | 36 x 35 x 55 cm | 1 | £5.00 |
| Water dispenser | Smith's Mason Jars 5 litre water dispenser and stand with stainless steel spigot tap | 13 x 31 cm | 1 | £3.50 |
| Hot tub | Beautiful outdoor hot-tub for up 6 - 8 adults, overlooking pond and gardens | 180 cm diameter | 1 | £150.00 |

Hire costs are quoted per unit and are exclusive of VAT

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the area

Set in a secluded spot in the stunning village of Bosham in Chichester, surrounded by peaceful fields... and just five minute's walk to the sea, where you'll find miles of untouched coastline.

Up the road is the award-winning West Wittering beach, with its golden sands and expansive sand dunes.

Just up the road from The Water Shed are the rolling hills of the South Downs National Park. Perfect for walks.. or foraging and forest-bathing in the ancient woodland of Kingley Vale.

TRAVEL

Parking for 15 cars in the private driveway
1,5 hours drive or direct train from London

Gatwick Airport
Southampton Airport

70 MINS
50 MINS



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get in touch

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