



# What is a Retreat?

The simple answer is here at Earth & Soul Retreat.

Some of the synonyms from the online definition are helpful:

refuge · haven · resort · asylum · sanctuary · sanctum sanctorum · hideaway · hideout · hiding place · cottage · dacha · shelter · cabin · den · lair · nest · hidey-hole

*“a quiet or secluded place in which one can rest and relax”*

*“an act of moving back or withdrawing”*

## **Earth & Soul is a Retreat.**

### **An escape from what you might consider “every day”!**

- There are no power lines crossing this property. The closest power infrastructure is approximately 1.5 kilometres from the main residence. Each cabin retreat has a standalone, off-grid 2.8 kw power supply. (Please read the information sheet re “Living off-grid” before you use that hair-dryer!)
- Internet is NOT provided in your cabin retreat. Mobile signal at the cabin retreats is quite good for calls and data if you have a Telstra plan. Other providers such as Optus and Vodafone lose service as you leave the town area. (If you need internet or mobile phone access and need to know what’s going on in the outside world then please see us at the main residence.
- Low noise policy. The walls of the cabin retreats are 300mm (30cm) thick, rammed earth which helps greatly to reduce outside sounds. The cabin retreats are situated in secluded settings, centrally located on the 300-acre property.

- The two cabin retreats are more than 200m apart from each other and about 700m from the main home, separated by natural bushland. Disturbance by lighting or sound from either location should not be an issue. Please let us know if there is anything you need assistance with.
- This is a quiet place. A place from where you can venture out into the world and then return when you need to again retreat to a place of sanctuary.

As the sign on our gate says, as you are leaving:

*Back to the real world!*