

Restored

Retreat 2026

Joy!

Zoom Q&A

The Ammerdown Centre



The Ammerdown Centre



The Ammerdown Centre is essentially a hotel.
Every room has:

- An ensuite
- Towels
- Tea & Coffee.
- An information pack with a map of the centre.

What you need to bring: your own toiletries, some activewear (if joining movement sessions) and a yoga mat if you have one.

The Ammerdown Centre

There is wifi.

Breakfast is self served (timings included in program).

There is parking.

There are books and games.

There is a gift shop.

There is a bar on site.

Accessible public toilets.



Joy!

**Creating a safe retreat
for everyone**



Theme

Joy!

The background is a light cream color, decorated with several stylized, hand-drawn fireworks and stars in a muted orange or gold color. The fireworks are depicted with short, radiating lines of varying lengths, and the stars are simple four-pointed shapes. A thin, curved red line sweeps across the lower portion of the word "Joy!".



Joy!



**Always be full of joy in the
Lord. I say it again—rejoice!**

Philippians 4:4

Programme

Restored

Retreat 2026

Friday

Time	Item	Location
4:30pm	Check In Opens	Main Entrance
5:30pm	Welcome Talk	John Todd Room
7pm	Dinner	Dining Room
8pm	Quiz	Lounge
10pm	Bible Reflection & Prayers	Chapel
24/7	Craft	Russell Room



Joy!

Saturday

Time	Item	Location
7:30am	Walk / <i>Flâneuse</i>	Meet at reception
8:30-9:30am	Breakfast	Dining Room
9:45am	Morning Session & Worship	John Todd Room
11am	Morning Tea	Outside Dining Room
11:30am	Free Flow Activities: Mindful Movement or Music	Mindful Movement: Trevett Room Music: John Todd

Time	Item	Location
12:45pm	Lunch	Dining Room
2pm	Q&A with Bekah or free time	John Todd Room
3pm	Free Flow Activities: Drama or Choir	Drama: Trevett Room Choir: John Todd
4pm	Afternoon Tea	Outside Dining Room
4:30pm	Session Two	John Todd Room
6:30pm	Dinner	Dining Room
7:45pm	Games/Movie/Chill	Trevett Room & Lounge
10pm	Bible Reflection & Prayers	Chapel
24/7	Craft	Russell Room

Sunday

Time	Item	Location
8:15-9:30am	Breakfast	Dining Room
9:30am	Guided meditation	Trevett Room
10am	Service & Communion	John Todd Room
11:15am	Morning Tea	Outside Dining Room
11:45am	Final Pause & Reflection Space	John Todd Room
12:30pm	Lunch	Dining Room
1:30pm	Goodbye!	
Until 12:30pm	Craft	Russell Room

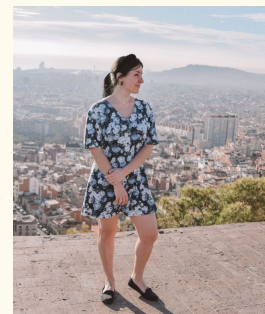
Joy!

Teaser: Drama Workshops

Joy!



Mini Photoshoots (and a Flâneuse)





Social Story

Restored

Retreat 2026

Joy!

Questions?