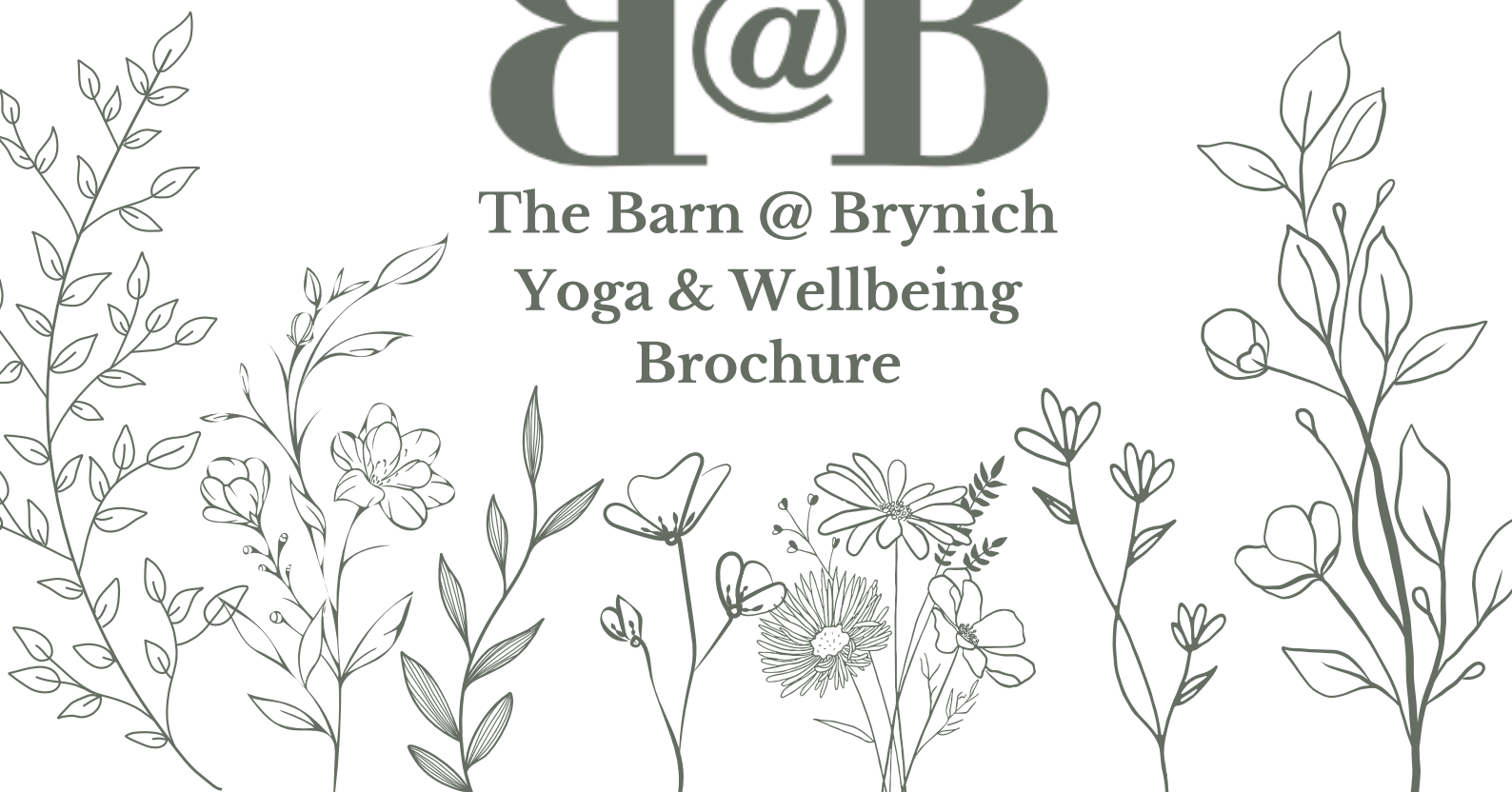




© Michelle Huggleston

B@B

The Barn @ Brynich
Yoga & Wellbeing
Brochure





The Barn at Brynich - Brecon

The Barn at Brynich is a beautifully converted 18th century hay barn set in a stunning rural location in the heart of the Bannau Brycheiniog National Park.

Brynich is a small family run business, which has been in the Jones family since the 1960's. .

We offer the flexibility to enjoy this wonderful setting in the way that you choose.



© Captured with a cwtch

B@B

The Barn at Brynich



Yoga Retreats

The Barn can accommodate up to 22 people depending on the style of Yoga and the amount of space required for the moves and stretches. The Grain Shed is a larger space which can comfortably accommodate 40 people.

You can hire the barn for the day, week or weekend. Please call us to discuss availability.

We have a PA system that you can connect to to play music and the acoustics within the 18th century stone walls and flag stone flooring are incredible for sound baths.

Underfloor heating and our open fire in the Barn can keep you cosy in the Winter months.







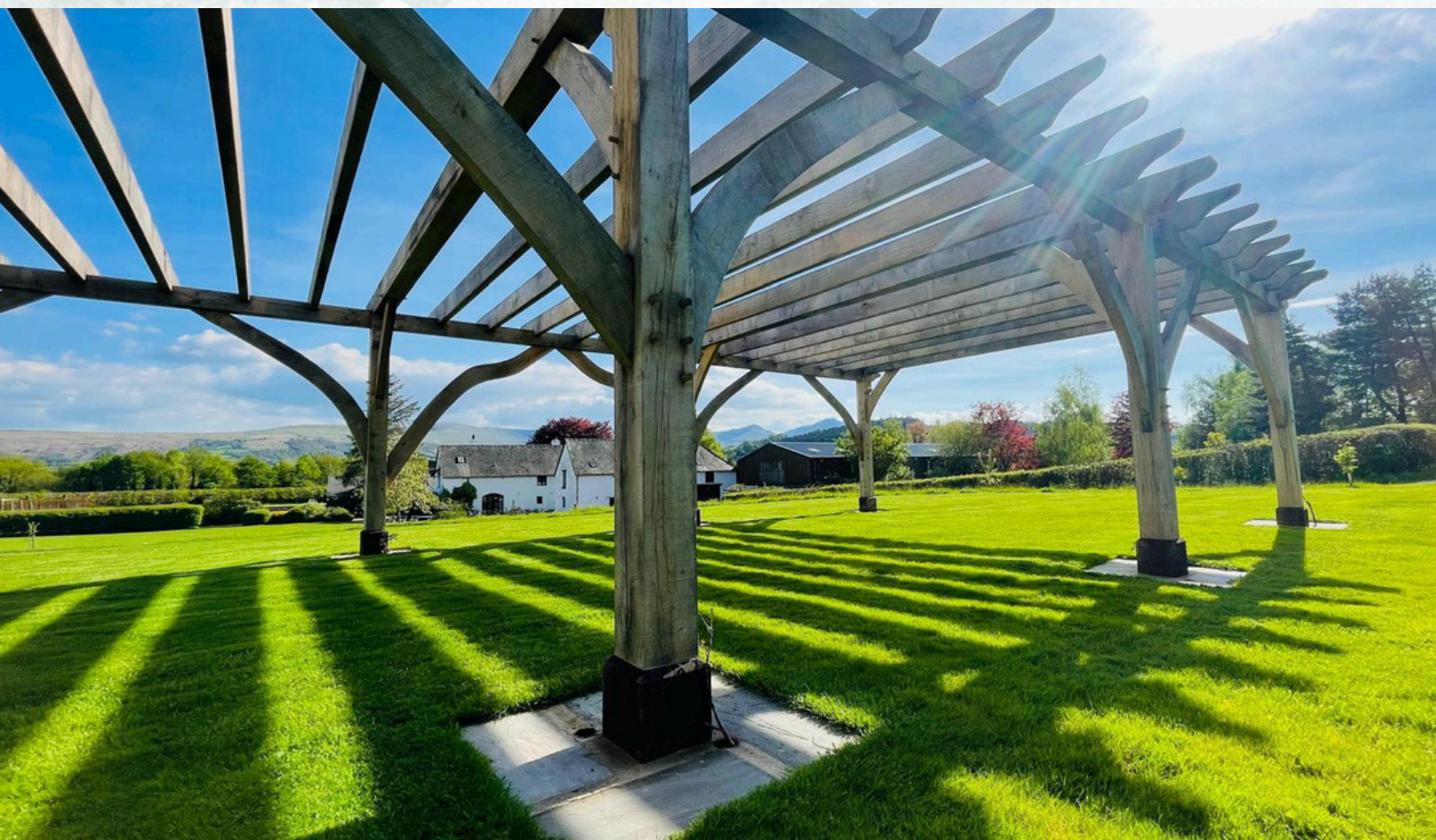
Outdoor spaces

The Barn at Brynich is surrounded by beautiful outdoor spaces, with open fields, mountains and our gorgeous gardens providing a great space for outdoor classes.

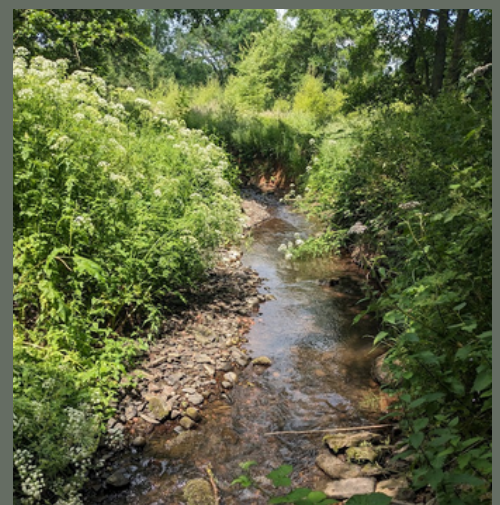
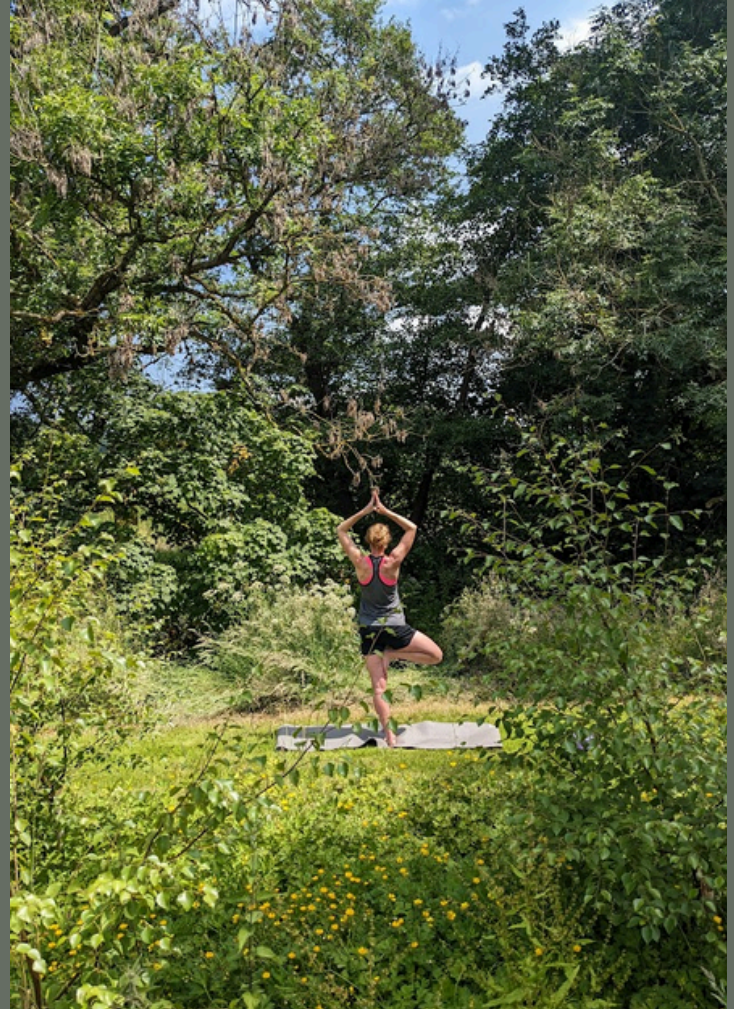
When the sun is shining we have a beautiful oak framed pergola in the garden, providing the perfect setting for outdoor relaxation. It's situated to give you stunning views across the gardens and towards the Brecon Beacons. They are included when staying in our cottages.



B@B
The Barn at Brynich



Just a short stroll across the farm will bring you to our beautiful and tranquil wildlife area. In 2021 we planted 10,000 trees, they are all native and broadleaf species including Oak, Beech, Holly, Hazel, Spindle, Wild cherry to name a few. Surrounded by local wildlife, be at one with nature, meditate to the sound of the trickling brook, stretch to awe inspiring views of Pen y fan, relax amongst the saplings and beneath the 300 year old trees.



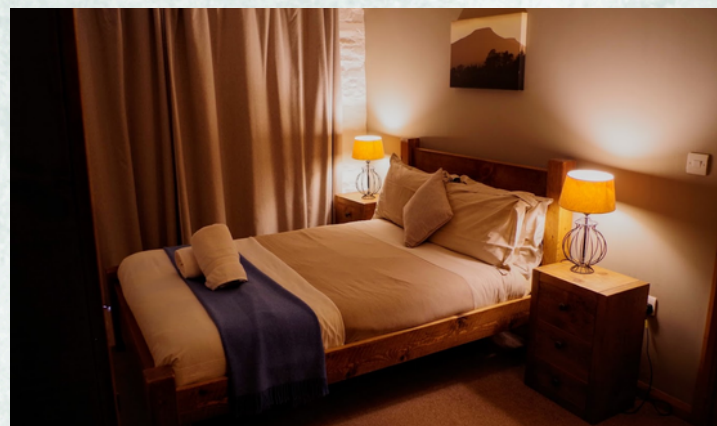
Accommodation



Our onsite cottages allow the perfect space to continue relaxing and unwinding.

They accommodate up to 22 guests for three nights in double, twin and bunks rooms.

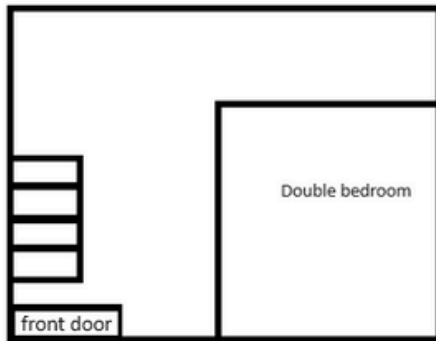




Cottages Floor Plan

Cottages Bedroom's (not to scale, just for reference)

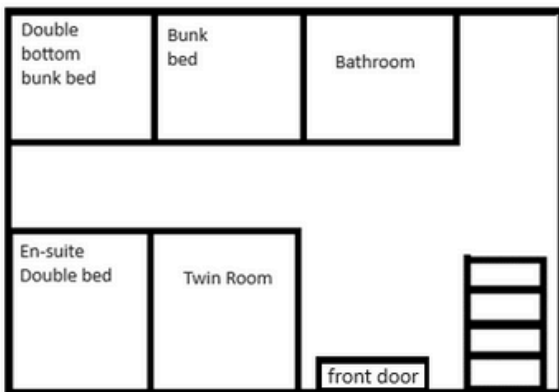
Hayloft:



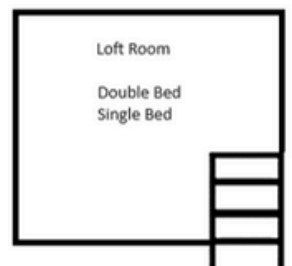
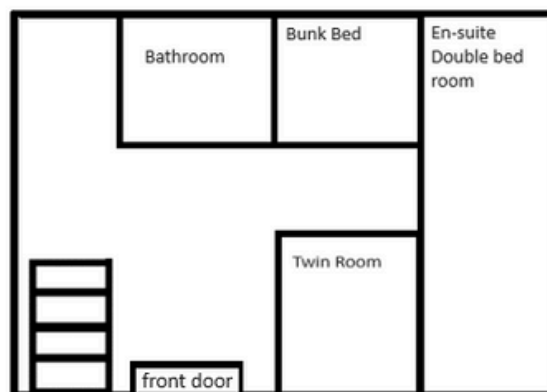
Woolpack:



Millers



Wagoner's



You can hire all four of our cottages for 3 nights (minimum stay).
By booking the cottages you will have exclusive access to the lawns & pergola.

Up to date prices can be found on our website
www.brynichcottages.co.uk/

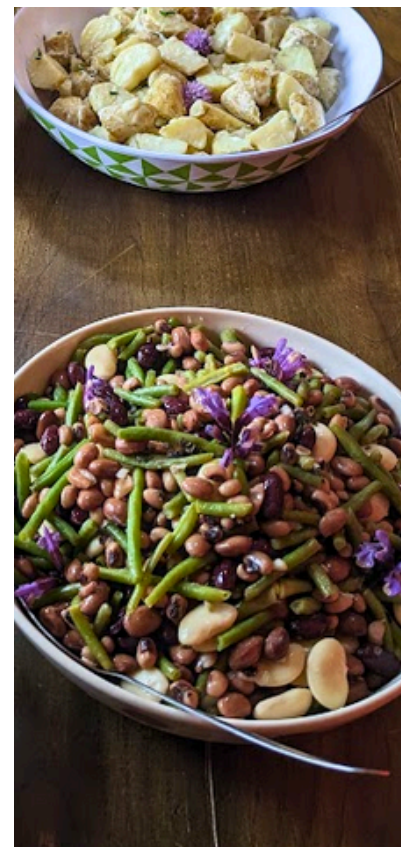


Food options

You are welcome to bring your own caterer or food truck for the duration of your stay.

We ask them to provide their own cooking utensils, crockery, cutlery, staff for serving and clearing. There is a daily charge to use our kitchen facilities or hook up to our electric.

We can provide the catering for your weekend, please ring us to discuss your requirements.



Optional Extras



Fire Pits & Hay Bales

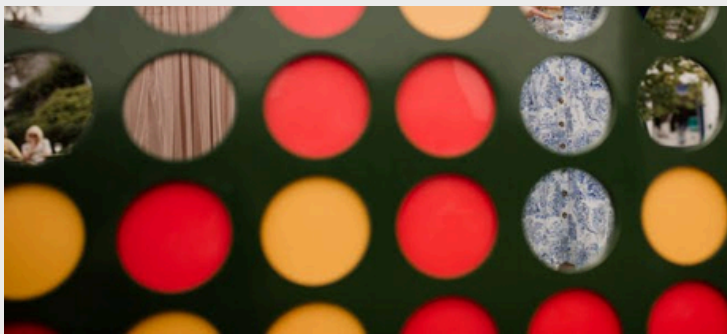
Fire pits are a wonderful addition to the evening hours, either to create warmth or atmosphere.

We have 3 fire pits available to hire.



Garden Games

Our Garden Games are available to hire providing a great ice breaker to start the weekend off.



Sauna hire

We can advise you on a supplier for portable wood fired saunas.



Ice Baths

We can advise you on different suppliers for Ice baths who specialise in this form of therapy and are trained in the health and safety risks involved.



Whisky Barrel Brothers

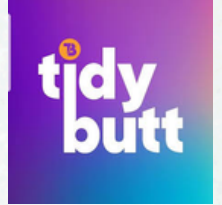
Recommended Suppliers

Tidy Butt



What Tidy Butt can offer here at Brynich

Wellbeing talks
Mental Health support
Ice baths



Donna Does YOGA

What Donna offers here at Brynich

Yoga

Pilates

Yogalates (mix of yoga and pilates
together)

Partner yoga

Crystal singing bowl sound baths

Breathwork

Meditation

Andy Hughes

Gong Baths



Dawnstalkers

admin@dawnstalkers.com



Testimonials



“I have loved holding the retreats at the barn. Everything about it is so calm and relaxing. The feedback from delegates is just sensational that everyone has positive experiences and have returned again for our summer retreat. The barn is warm and cosy, perfect for our sound baths. The accomodation is so homely that it really feels like a home from home.

Everyone involved with contact from the barn is so attentive. We are on the same wavelength and work so well together.

Thank you to the barn and to our yoga family for being the perfect team for the perfect retreat”

YOGA DAN

“Had a great experience hosting a half day retreat at the Barn at Brynich. It’s a beautiful venue!

We were provided with some flatware, drinking water and hot water for teas/coffees at a small fee which helped us greatly in not needing to bring half as much stuff with us. The acoustics are great which can sometimes be an issue with such a large space and the underfloor heating is such a nice touch in making the state floor comfortable when in socks/barefeet. Fantastic service from the team. Will definitely come back!”

