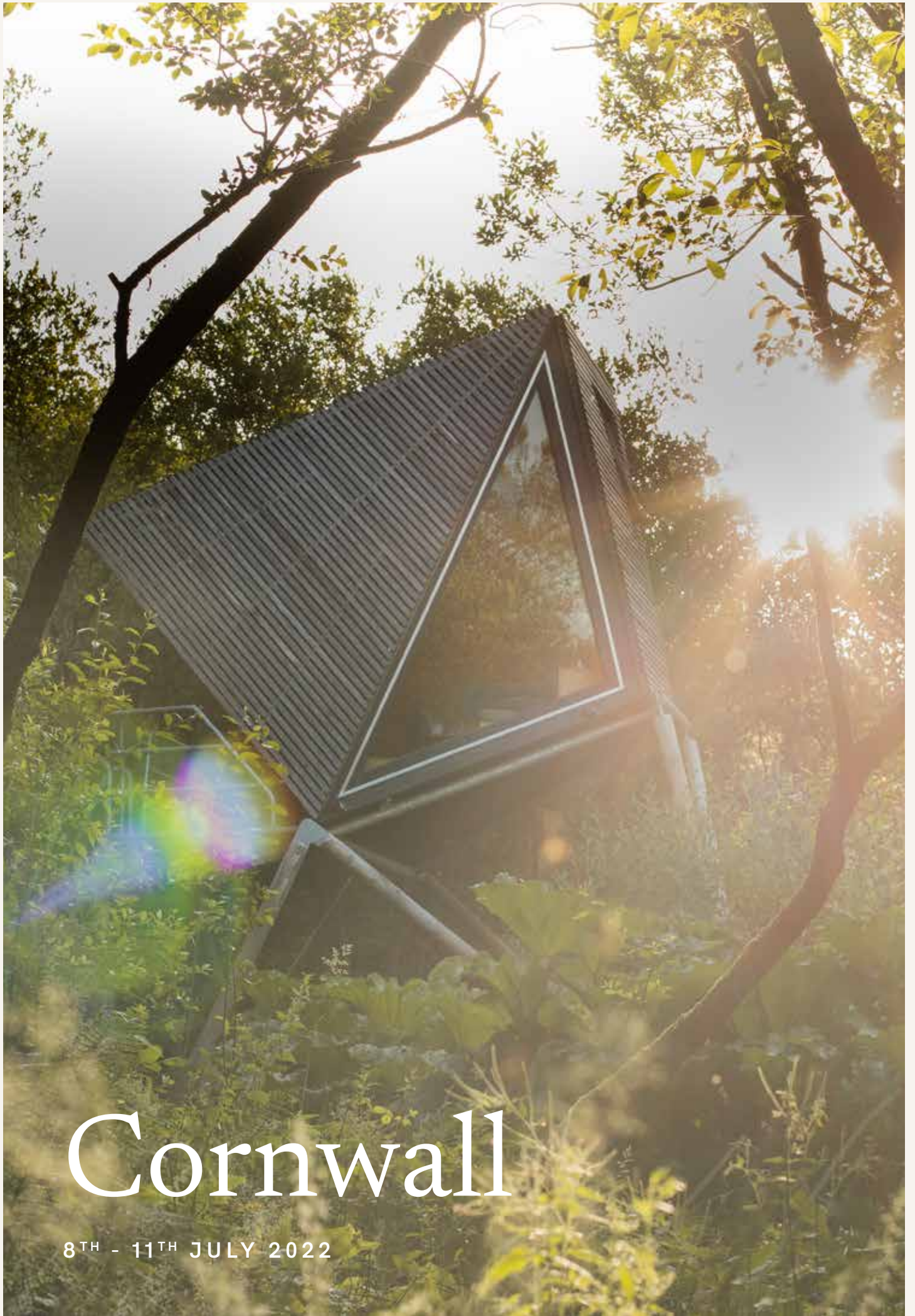


Men's Rewilding Retreat

HOSTED BY ANTHONY MULLALLY
AND JOSH BOLDING



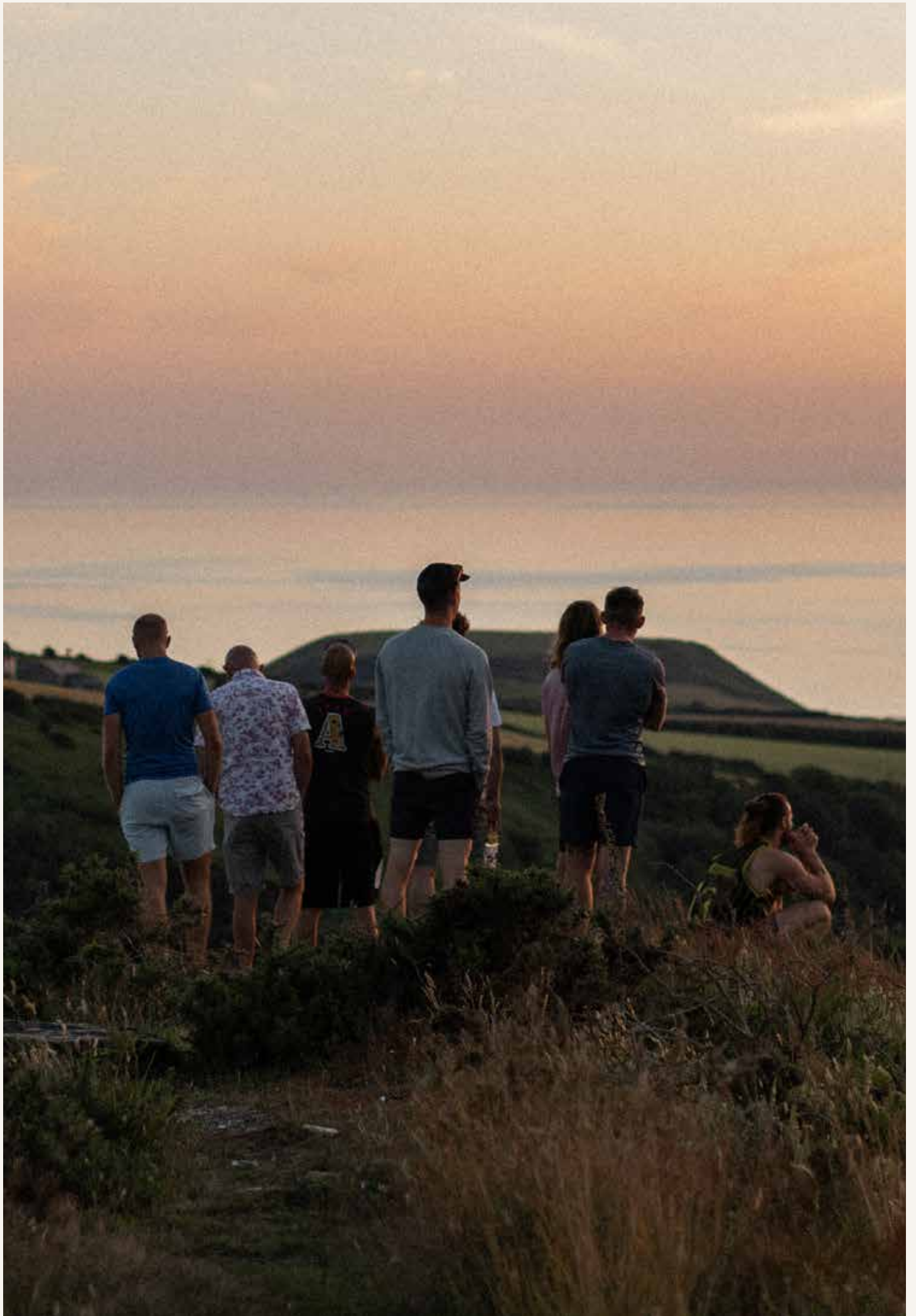
Cornwall

8TH - 11TH JULY 2022

The Retreat

A three night, fully inclusive men's retreat located in a 45 acre off-grid hideout on the rugged Cornish coast.

Immerse yourself in nature, delve into growth practices, foster new brotherhoods and reconnect to your most authentic self. Our Kudhva retreat provides a safe haven to help you escape the stressors of modern day life; whilst simultaneously equipping you with the tools you need to navigate it.





What to expect



RECONNECT WITH NATURE

Relax and recharge in a 45 acre off-grid hideout, nestled on the rugged North Cornish coast.



ENGAGE THE SENSES

Slow down and listen to the ocean waves, plunge into the wild swimming lake, watch the sunset over gull rock, or savour wild strawberries picked from the ground beneath your feet.



UNIQUE ACCOMMODATION

A choice of award-winning accommodation under the stars; including private 'Kudhvas', Shanti tipis, and the Danish cabin deep in the woods.



LOCAL PLANT BASED FOOD

Nourish your body and your tastebuds with freshly-prepared, locally sourced plant based food from our on-site chef.



COMMUNITY

Create a safe space for men to be without judgment, explore the archetypes of masculinity and reconnect with their authentic selves.



SURFING

Group surfing lessons at the beautiful Watergate Bay with all equipment and Lifeguard-trained instructors from Westcountry Surf School. Suitable for every ability level.



COLD IMMERSION

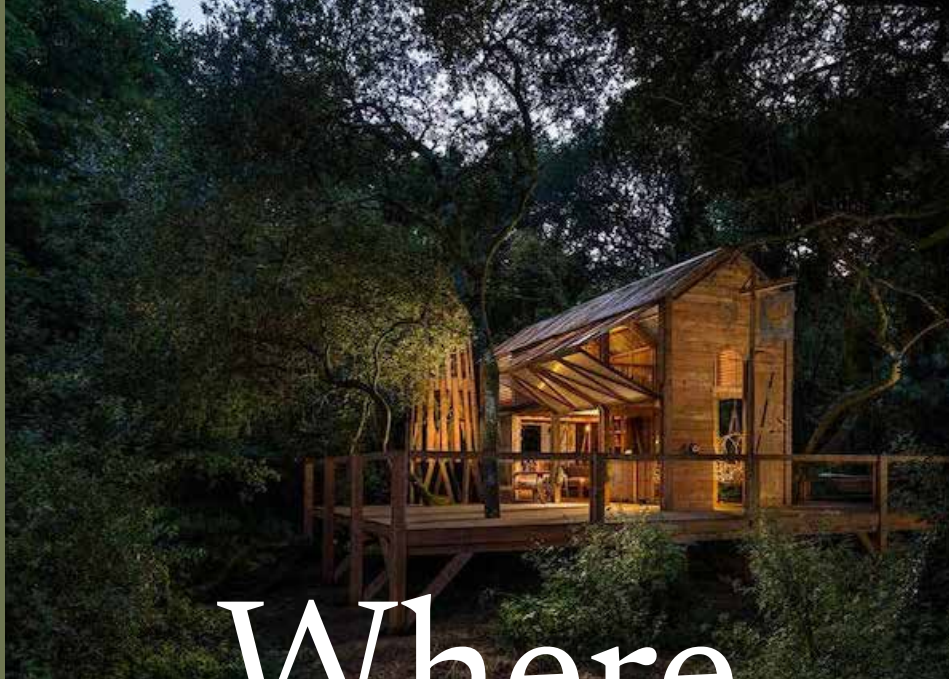
Conscious exposure to acute stress encourages our physiology to adapt and benefit all areas of wellbeing.



BREATHWORK

Delve into breathwork practices to learn how this powerful tool can positively influence our lives for optimal health.





Where

DISCONNECT TO RECONNECT

Kudhva; Cornish for 'hideout', is just that. Situated in the breathtaking surroundings of an abandoned slate quarry, this unique off-grid location provides the perfect place to shake off the stressors of modern life and reconnect with the Earth we call home.

Listen to the waves roll into the shore, explore the valleys of lush woodland, drink mineral rich water fresh from the bore hole, recharge in the hammock nestled in the willow grove, or reflect by the campfire as the sun sinks beneath the horizon. *Kudhva* has a magical ability to bend time, capture the imagination, restore the body and open the mind to new possibilities. We can't wait for you to experience it too.

Who We Are



ANTHONY MULLALLY

After a successful rugby career consisting of more than 200 senior appearances, two world cups and one super league grand final trophy; Anthony Mullally left the world of professional sport in order to break down stereotypes and re-establish the integrity of masculinity in the modern world. Applying practices including breathwork and mindfulness, Anthony aims to help others rediscover their connection to their authentic selves and the natural world we live in.



JOSH BOLDING

Co-founder of the internationally renowned supplement brand Vivo Life, Josh Bolding began holding space to help others dive deeper internally in order to make more profound changes in the outside world. Combining extensive experience in ethical entrepreneurship with a personal passion for spiritual practice and connection to the natural world, Josh's work enables others to make an impact at the highest level whilst navigating the stresses and strains of modern life with ease and grace.



Testimonials



It's took me a good week or two for the experience that Mull provided at Kudhva to sink deep. I'm utterly blown away by the synergy that was stewarded amongst the lads. I was challenged positively in stressful settings (surfing and swimming in the sea pooping in dunny to name a few).

I was able to chill and detox. All in all I can list 7 hits that the retreat blessed me with; Investment in myself, Risk pushing the boundaries of the unknown, Routines prescribed, Relaxation, Mindfulness, Retreating from society, and appreciating the beauty of the Earth in live in.

I've sponged so much valuable information about my role as a modern bloke, cemented friendships, and look to make impactful change in my life as a result. Beautiful location. Class retreat. I'm changed and will never forget it. Cheers fellas.

- Rory

I would like to thank you again for organising such an amazing retreat. From the moment I arrived I knew that it would be a special few days; the stars were aligned. The location was incredible, the food was beyond this world (I am not even a vegetarian or vegan and I did not miss meat at all), the conversation was flowing and most importantly the group became a brotherhood.

You're like a Top Chef, you managed to balance the right amount of discussions, activities aimed at our personal self (meditation, yoga...) and more physical activities such as surfing which allowed us to truly appreciate this wonderful corner of Cornwall.

I would come back in a heartbeat.

Thanks Anthony, please keep going!

- Francois



Just wanted to put down my thoughts on a fantastic retreat. I think it is nearly impossible to articulate how I felt after spending a few days with the most awesome human beings. I wasn't sure how I would fit in as I am a bit older than everyone else but from the moment I arrived I felt fully welcome.

Anthony has a certain way about him that draws you in, a warmth you cannot fake and that carries right through the whole team involved.

The balance of learning new things and relaxation worked very well. I met so many interesting guys and I really feel I have made some friends for life.

Thank you so much Anthony and team, I will be back.

- Rick



Set in amazing natural beauty with delicious food, the retreat was a non judgemental space to revive mind, body and spirit.

I loved the balance of combining activities like breathwork, tug of war and surfing with chill out time to relax and connect with like minded guys

- Chris



Example Itinerary

WHAT TO EXPECT



SATURDAY

Welcome lunch
Five senses nature immersion
Restorative breathwork
Dinner and campfire



SUNDAY

Breathwork and Cold Immersion
Workout and tug of war
Wild swim
Dinner and campfire



MONDAY

Mindful movement and meditation
Depart for beach (surf / hike)
Return home
Dinner and campfire



TUESDAY

Breathwork and Cold Immersion
Depart



Accommodation



KUDHVA POD

Kudhva allows you to escape the elements while being immersed in the natural environment. By going off-grid and sheltering inside the kingdom of Kudhva your priorities begin to switch away from our busy digital lives and back to basics. Standing above the ground, amidst the treetops, you feel as though you're being gently cradled by the natural world.

SINGLE OCCUPANCY - £850 PER PERSON



DUTCH CABIN

Nestled deep in the woods, with trees growing through the deck and a babbling stream winding underneath it's stilt frame the Danish Cabin is truly immersed in nature. With walls which raise or slide to open, the Cabin transforms extending the living space onto the terraces beyond.

The mezzanine level sleeps four, with two bunk beds and the lower ground area has two large single beds, which can be put together to make one double. Fresh bedding and towels are provided on your arrival and if you're lucky you might even get a visit from our resident goats.

SHARED OCCUPANCY - £650 PER PERSON



TIPI

Standing tall upon the hill with 180 degree views of the Atlantic ocean, the traditionally weaved Shanti Tipis provide the perfect retreat to rest and reflect when the day is done. Combining comfort with connection to the earth beneath you, the tipis offer Hessian flooring, low profile wooden bed frames and a Kudhva candle for after dark. Sleeping bag required.

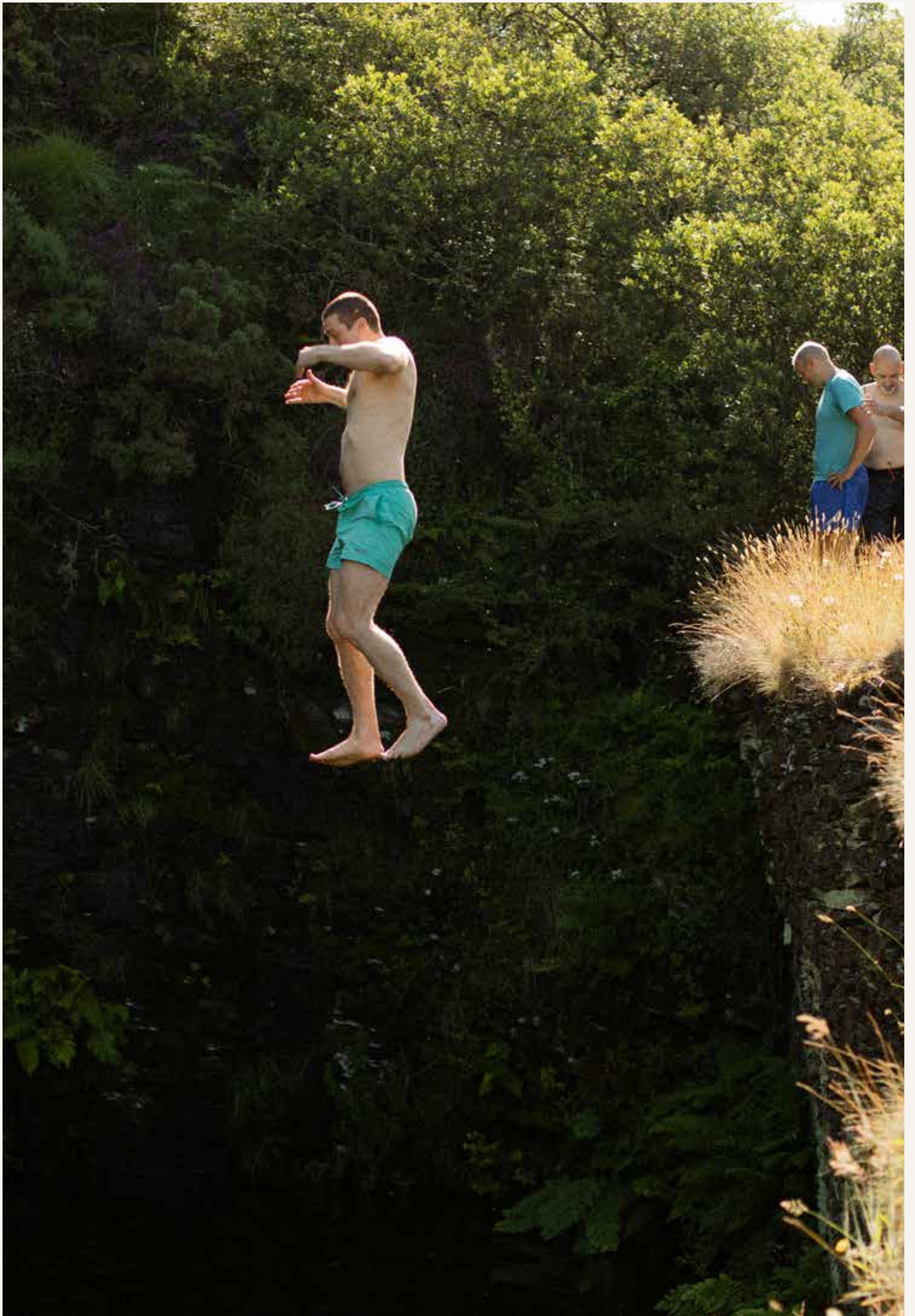
SINGLE OCCUPANCY - £725 PER PERSON



TREE TENT

Rigged across the site in various secret locations, tree tents are rigged amongst the trees of Kudhva to offer a new twist on a traditional wild camping experience. Fall suspended between earth and sky, nestled in the shade and comfort of a woodland canopy. Sleeping bag and pillow required.

SINGLE OCCUPANCY - £550 PER PERSON



FAQs

WHAT HAPPENS IN EVENT OF COVID-19 RESTRICTIONS?

You'll get a full refund within 7 days.

DO YOU OFFER PAYMENT PLANS?

Yes! You can secure your spot with just a 25% deposit, with the remaining balance payable in two further instalments.

HOW DO I GET THERE?

The address for the Kudhva retreat is:

Kudhva, Sanding Road, Trebarwith Strand, Tintagel, Cornwall,
United Kingdom, PL34 0HH

WHAT DO I NEED TO BRING?

Warm clothes for the Cornish weather

Swimwear

Waterproof clothing and footwear

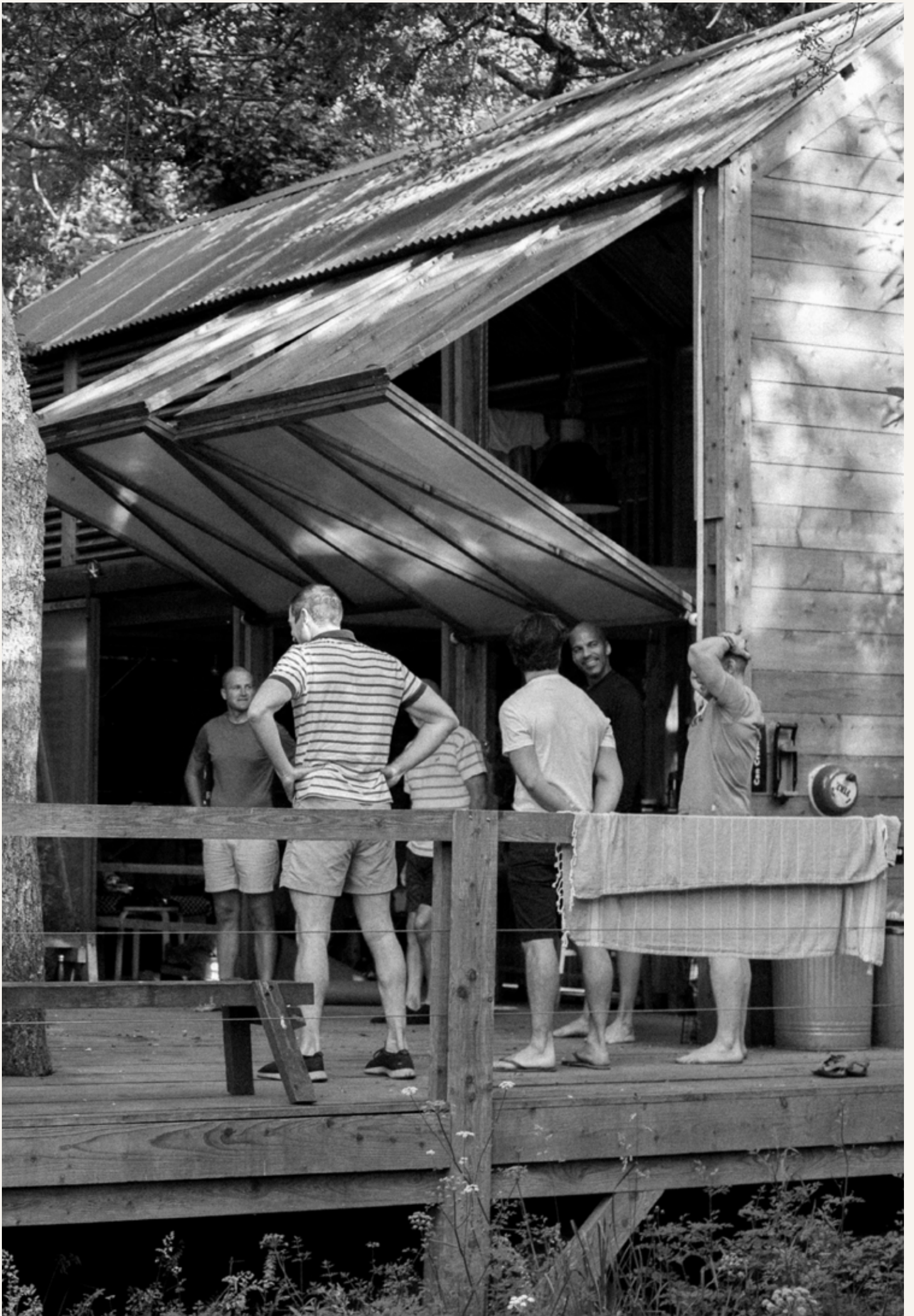
Toiletries

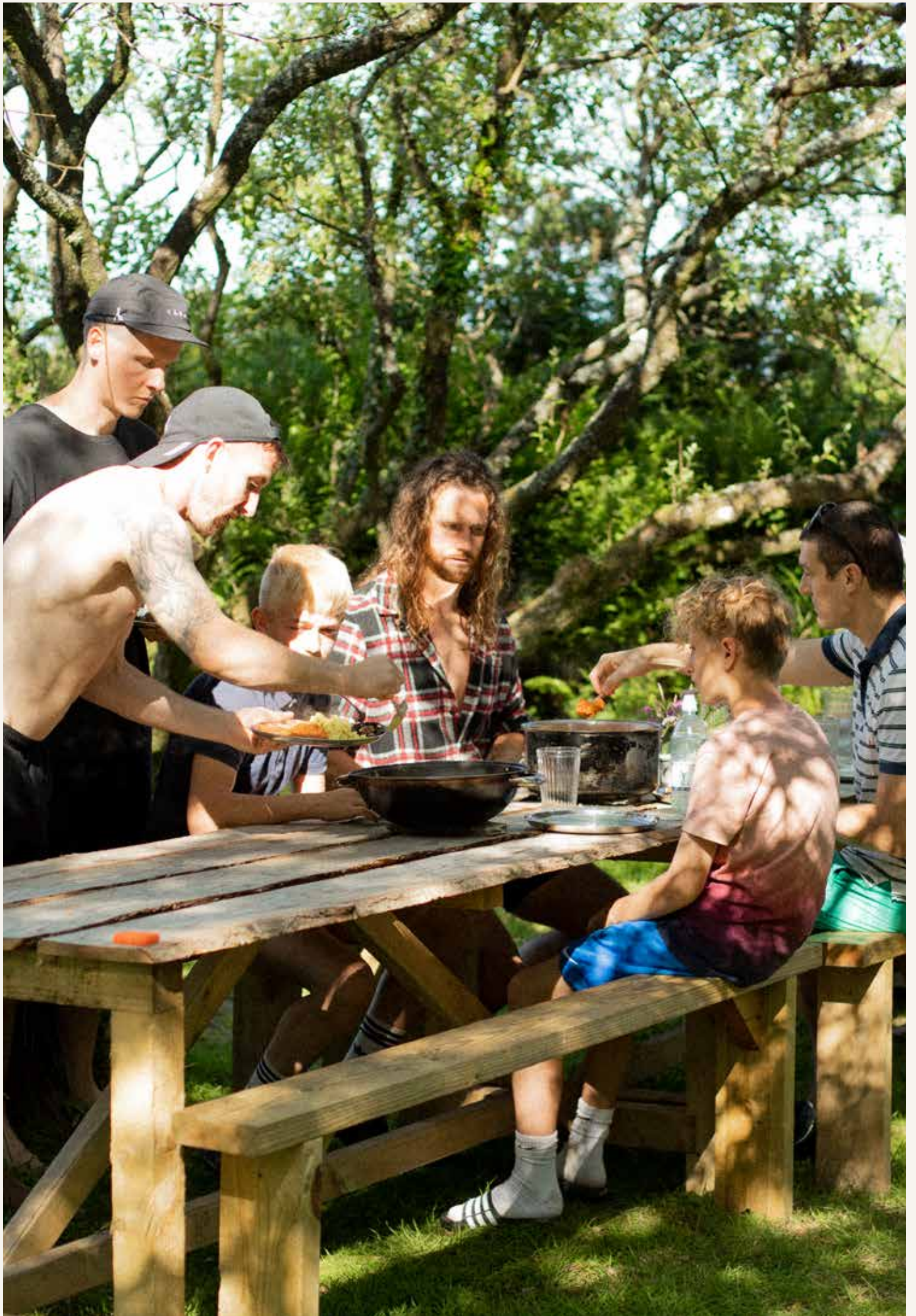
An open mind and heart

If you are staying in the Shanti Tipis or Tree Tents you will also need to bring a sleeping bag and/or pillow.

IS IT OK TO COME ALONE?

Of course, it's also encouraged.











FOR BOOKING ENQUIRIES CONTACT:

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