

MAY 2023 VOLUME 318 No.05

TATLER

A CONDE NAST PUBLICATION



TATLER®

May 2023
£5.99

ROYAL EXCLUSIVE

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PRINCESS MARGARET'S GRANDDAUGHTER AT 21





Estate of mind

The East Meets West retreat at The Falcon Hotel at Castle Ashby offers seven days of healing, comfort and connection in a blissful country setting

IT'S HARD TO IMAGINE A BETTER place to immerse yourself in the healing, restorative powers of a wellness retreat than The Falcon Hotel at Castle Ashby. Set in the ancestral home of the 7th Marquess of Northampton, surrounded by acres of rural Northamptonshire beauty, the hotel is located within a coaching inn built in 1594. Lord and Lady Northampton decided to refurbish the inn in 2017, thoughtfully transforming it into their vision of a place where people could come for healing, rest and renewal.

Now, this historic spot will be the home of East Meets West, an exclusive week-long wellness and mental health retreat with a specially curated curriculum featuring expert practitioners and clinicians. The brainchild of

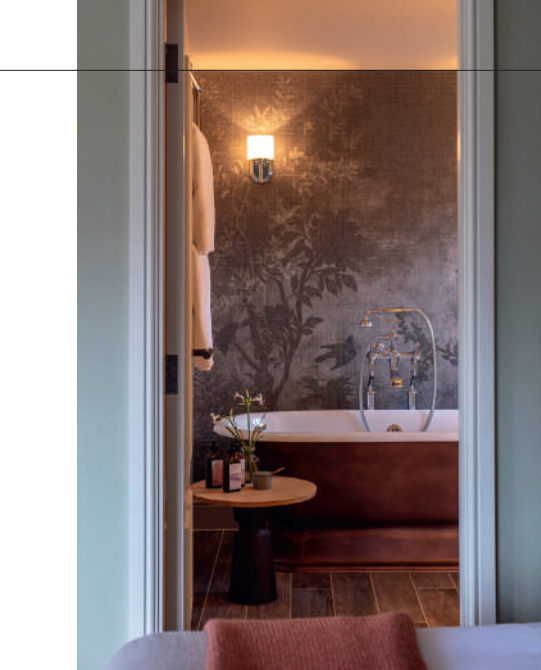
Lady Northampton (psychotherapist and founder of the hotel) and Natasha Silver Bell (founder and CEO of SilverBell Coaching SBC Global), East Meets West has already garnered overwhelming interest and word-of-mouth buzz. This invitation-only retreat has also made a select number of reservations available upon request for a week from 17 to 23 July, 2023.

Wellness has been at the core of The Falcon Hotel since its inception. Indoors, guests will find contemplative works of art filling spaces that have been designed to cocoon, comfort and connect you to the restorative elements of the surrounding countryside. Step outside and you'll quickly be immersed in ancient woodland, meadows and lakes, with open-water swimming and four centuries of history

at the nearby Castle Ashby House Gardens. The Falcon's restaurant, Eyas, offers nourishing food that's been grown, harvested and reared in the enveloping 10,500-acre Castle Ashby Estate wherever possible.

The East Meets West retreat takes all this a step further. Lady Northampton and Natasha Silver Bell's decades-long experience makes them perfectly positioned to bring together the brightest minds in Eastern and Western wellness practices, and all amid the bucolic bliss of Northamptonshire.

Each day of this immersive event is organised around a different tenet of mental health and healing: acceptance, action, movement, reflection, perspective, gratitude and awareness. Days begin with wild swimming in the



SPECIAL RETREAT

Clockwise from far left: Natasha Silver Bell, founder and CEO of SBC Global; luxurious interiors at The Falcon Hotel; Lord and Lady Northampton; the nearby Castle Ashby House Gardens; natural materials and organic fabrics make for the most restful of stays.

Activities include yoga, sound baths, meditation and estate walks with Lord and Lady Northampton, and workshops led by best-in-class clinicians and practitioners

lake, before a delicious breakfast is served in Eyas restaurant, prepared by acclaimed head chef Russell Bateman (lunches and dinners are also served here). Activities include yoga, sound baths, meditation and estate walks with Lord and Lady Northampton, and workshops led by best-in-class clinicians and practitioners. The Falcon will provide accommodation in its luxuriously appointed rooms, which feature an abundance of natural materials, organic fabrics and textures to encourage the most restful of stays. Special events are also on the agenda,

including Saturday's expert panel on 'Exploring Somatic Wisdom to Create Connected Communities', which is followed by a summer luncheon on The Falcon lawn and is open to the public, bookable online for £200.

'To answer people's need for experiences that bring them home to themselves, we curated an immersive week to nurture mind and body,' says Natasha Silver Bell. As CEO and founder of SBC Global, she has been an established recovery expert for over a decade, treating eating disorders, mental health, and substance

use disorders, growing the company into the international leader it is today, with headquarters in New York and anchors in London and Dubai. She's also the perfect partner to Lady Northampton, a UKCP and BACP Accredited counsellor, psychotherapist and supervisor, and a trained yoga teacher with a thriving psychotherapy practice in London.

Embracing the idea of purposeful travel, the East Meets West retreat was inspired by a pressing and timely need. Now more than ever, people are seeking meaningful connections with others – and themselves. Nurturing both body and spirit, this thoughtful collaboration, in one of the country's most beautiful historic spots, promises just that.

To reserve a place, please visit sbcretreats.com or email evie@silverbellcoaching.com