



ROCKLIFFE HALL
HOTEL • GOLF • SPA



10th – 11th October 2010: Rockliffe Hall Launches Time to Dream Sleep Retreat

September 2010 – One of the most impressive spas to open recently in the North will be the setting for a series of Time to Dream Sleep Retreats which are launching next month before continuing throughout 2011. Working with renowned sleep specialist, Dr Guy Meadows from the London Insomnia Clinic (www.londoninsomniaclinic.co.uk), Rockliffe Hall's first Time to Dream sleep retreat will run from 10th – 11th October and will start from £375 per person, based on two sharing.

A succession of recent studies has highlighted the fact that getting the right amount of sleep is crucial for a long and healthy life. Without it the body is more likely to fall victim to everything from colds and sniffles to potentially fatal conditions such as heart disease, cancer, diabetes and dementia

Dr Guy Meadows says, "I believe that everyone has the capability to sleep well; however as we start to become anxious, angry or frustrated about sleep, we inadvertently get in the way of our bodies natural ability to sleep. Plus the more we try to force ourselves to sleep the further sleep goes away. Learning how to let go of struggling with your insomnia allows your sleep to emerge naturally once more."

Dr Guy Meadows will lead a one day workshop on Sunday 10th October on how to get a good night of natural sleep without the use of medication. Guy teaches guests how to stop struggling with insomnia and retrains the body to sleep again, by using a combination of mindfulness, acceptance and commitment therapy approaches.

Following the workshop, guests can retreat to the Spa at Rockliffe Hall which has an impressive list of services including a specially designed relaxation lounge which features a 'Sleep Retreat' area with sound wave therapy beds which deliver a gentle vibration to induce deeper relaxation. Individual earphones lead guests through a guided meditation or simply reduce the environmental sound. The Ila Dreamtime treatment is included within the retreat – a deeply relaxing and meditative, holistic massage.

Rockliffe Hall's Time to Dream Sleep Retreat is running from 10th – 11th October and starts from £375 per person based on two sharing. The programme includes Dr Guy Meadows Sleep Workshop, Ila

Dreamtime treatment, lunch, dinner and breakfast and use of the Spa at Rockliffe Hall.
For 2011 dates, please go to www.rockliffehall.com

For more information go to www.rockliffehall.com
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Note to editors:

Opened in November 2009 **Rockliffe Hall** (www.rockliffehall.com) in County Durham is the most exciting hotel debut in the North for many years. Set on 375 acres on the banks of the River Tees just outside the village of Hurworth, the heart of this privately owned hotel is a wonderfully Gothic mansion, the former home of the family behind the Stockton to Darlington Railway and Barclays Bank. It was designed by Alfred Waterhouse, the architect responsible for the Natural History Museum in London. With 61 spacious guestrooms and suites; two bars, a gourmet restaurant 'Kenny Atkinson at The Orangery'; 12 meeting and event rooms; an 18-hole championship golf course; a dreamy 50,000 square foot spa and wellness centre featuring ILA and Comfort Zone products and treatments and a 20 metre indoor swimming pool.

Rockliffe Hall is five minutes from Darlington Railway Station and Durham and Tees Valley Airport. It is a two and a half hour train journey to London and two hours by train to Edinburgh. The historic city of Durham is on the doorstep, as are Newcastle, York, Leeds and the Yorkshire Dales. Newcastle International Airport is an hour away