

# RIVERSDALE LODGE

Welcome to Riversdale Lodge, our luxurious new riverside retreat centre on the Thames at Bourne End in Buckinghamshire, just 40 minutes from London.

Originally built in 1890, this historic, charismatic house has just been beautifully renovated to incorporate every luxury, including underfloor heating throughout.



## THE EXPERIENCE

Healing  
Health Joy  
Collective

At the heart of the house is the fully equipped studio, which can comfortably accommodate 20 yoga mats plus teacher. There is an intuitive sound system and adjacent equipment storage.



Lit from above via 3 huge rooflights, it is a wonderful, embracing space. At night the fairy lights of the roof terrace create a magical ambience.



# THE HOUSE

Set on the banks of The Thames, facing West towards Winter Hill, Riversdale Lodge is a magical place, and the ideal venue for your retreat.

The glazed wall of the main kitchen opens directly to a spacious limestone terrace, centred on a calming reflection pool, with plenty of furniture for a lazy afternoon or alfresco meal around the fire table.







## LUXURIOUS LIVING

Next to the studio is a further, fully equipped kitchen, with a fridge, freezer, double oven, induction hob, sink, dishwasher and a full tea service. There is also an additional laundry machine and tumble dryer.

There are several spacious living rooms, including a sumptuous drawing room with a four-person sofa, 2 love seats, log burner and TV. There is a cosy cinema room with TV and piano and a study, ideal for art work. These rooms can be used as extra bedrooms.



# THE RIVERSIDE GARDENS



A long, tree-lined garden stretches from the house all the way to the river's edge, ending in a large jetty overlooking the Thames and Cookham Moor beyond. The large, flat lawn is an idyllic location for outdoor yoga.

Our riverside kitchen is handy for tea and treats by the water.





The river is home to 42 different species of birds, including our two swan families who will greet you as you lounge under the weeping willow. The moorlands are a peaceful background to the jolly sight of boats gliding up and down the river.

And if you want to join them, you will find paddleboards, a canoe and life jackets in the boatshed.

Our friendly instructors can be booked to take you on a river adventure or paddleboard yoga session. You can also use our jetty and slipway to enter the water to enjoy wild swimming or feel the healing effects of cold water therapy.





There is a second fire pit on the jetty, next to the outdoor kitchen and barbeque, perfect to enjoy the sun setting over the river.



Above the studio is our roof garden, planted with medicinal herbs and fresh vegetables. The sun graces the roof garden from the early morning, making this an ideal spot for a quiet tea to start the day.

At the end of the garden is our Meditation Orb, a warm, cosy space lit by twinkling lights, perfect for individual or small group meditation, looking out onto the river.







# THE BEDROOMS



The bedrooms are finished to the highest standard, with single beds, beautiful decor and luxurious carpets with underfloor heating. The bathrooms are spacious and superbly fitted with marble surfaces and Italian fittings.

**The River Suite** - This is the principal suite, adjacent to the idyllic roof terrace and with stunning views down the garden to the river. It is over 700 square feet, has a superking size French bed, a freestanding stone bath and a luxurious ensuite with a two-person shower. 2 additional beds can be added to this room, if Peacock and Kestrel are single occupancy.

**Robin** - An airy vaulted room with 3 single beds and ensuite. This room faces west and south.

**Heron** - The historic master suite, this large room offers one double and 2 single beds and an ensuite. The room faces south and west and looks down to the river.

**Red Kite** - This double aspect room is bright and airy. It has 2 single beds and an ensuite.

**Grebe** - This room faces east and is bright and airy. It has 2 single beds with access to the shared main bathroom that has both a shower and a bath.

**Kingfisher** - A bright, double-aspect room with 2 single beds and access to the shared main bathroom with both shower and bath. A third single bed can be added if Peacock and Kestrel are single occupancy.

**Peacock** (Study) - Situated on the ground floor, with a large south-facing window and also windows to the east. This bright room can have 2 single beds in place of the sofas, and access to a shared ground floor shower room. It is spacious and also includes a table for 4.

**Snowy owl** - Situated adjacent to the studio, this room has 2 single beds and a sofa that can be swapped out for another bed. This room has space for a massage table and is ideal for teachers' use. It has access to the ground floor shared shower room.

**Kestrel** (Cinema) - Directly off the studio, this room can be set up as a cinema room, with a TV connected for entertainment or presentations with sofas and love chairs, or the sofas can be swapped for 2 single beds. It has access to the shared ground floor shower room.

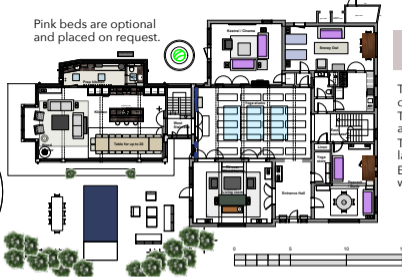
There is plenty of further accommodation within a short hop of the studio.

The Chequers Inn - 5 mins drive  
Bel and the Dragon - 10 mins walk  
A luxurious boat with accommodation for 4 can also be moored on our jetty - see [www.magpiesandbutterflies.com](http://www.magpiesandbutterflies.com)

Airbnb also has lots of options.



Pink beds are optional and placed on request.



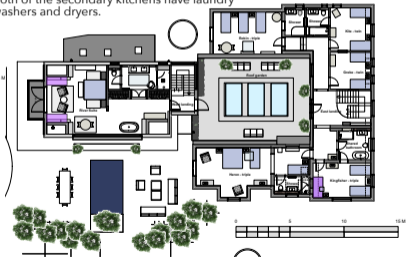
The study and cinema can be used as extra bedrooms with luxurious Sleepzee mattresses in place of the sofas.

The main roof garden is accessed from both landings and is the perfect sun trap, while the river suite has a private balcony.

FIRST FLOOR >

## < GROUND FLOOR

The entire ground floor is finished in smoked oak over underfloor heating. The studio is at the heart of the house and can accommodate 20 mats plus teacher. There is a convenient WC off the studio and a large store for mats etc. in the hall. Both of the secondary kitchens have laundry washers and dryers.



# LUXURIOUS ACCOMMODATION



Our bedrooms feature superb Sleepzee beds with beautiful soft bedding and luxurious heated carpets.

The River Suite is exceptional, with stone tub and wonderful views of the river.





The newly fitted marble bathrooms have elegant Italian fittings, heated oak floors and the softest towels.



# THE FOOD

The main kitchen is a wonderful light communal space, with plenty of room to socialise.

Sharing good food is central to our lives - we are passionate that food should be both a joy to experience and a positive medicine for our health.

Great food is about balance and nutrition, not limits or restrictions. Just great tasting, nutritious food with the right nutrients to leave you feeling satisfied and energised for the day - all of the pleasure with none of the guilt!





## YOUR HOSTS

Riversdale Lodge is a family-run retreat centre, supported by the wonderful members of the Healing Health Joy Collective, a community of like-minded wellness practitioners.

Romeo is our resident Support Cat who defines being comfortable in his own skin - and always ready for a cuddle!

There are many beautiful walks along the river or up the hills to look down across the valley or into the woods.

Cliveden National Trust - 5 mins drive





# RIVERSDALE LODGE



## LOCATION

Riversdale Lodge, Riversdale, Bourne End, SL8 5EB  
Just off junction 2 of the M40 and junction 7 of the M4  
40 minute drive from Notting Hill

Nearest train stations are Bourne End (15 min walk)  
Beaconsfield (20 mins from Marylebone plus 15 min taxi)  
Maidenhead (25 mins from Paddington plus 15 min taxi).

## BOOKING

Please check online for room availability and pricing.

[www.healinghealthjoycollective.co.uk](http://www.healinghealthjoycollective.co.uk)