

# *east down ... the breathing space*

We are a non-profit community interest company created in order to provide accommodation and other facilities for charities, well-being practitioners and spiritual groups at cost rates.



East Down is a magical place on Dartmoor with a very special energy which we love to share with others who can benefit from its qualities.



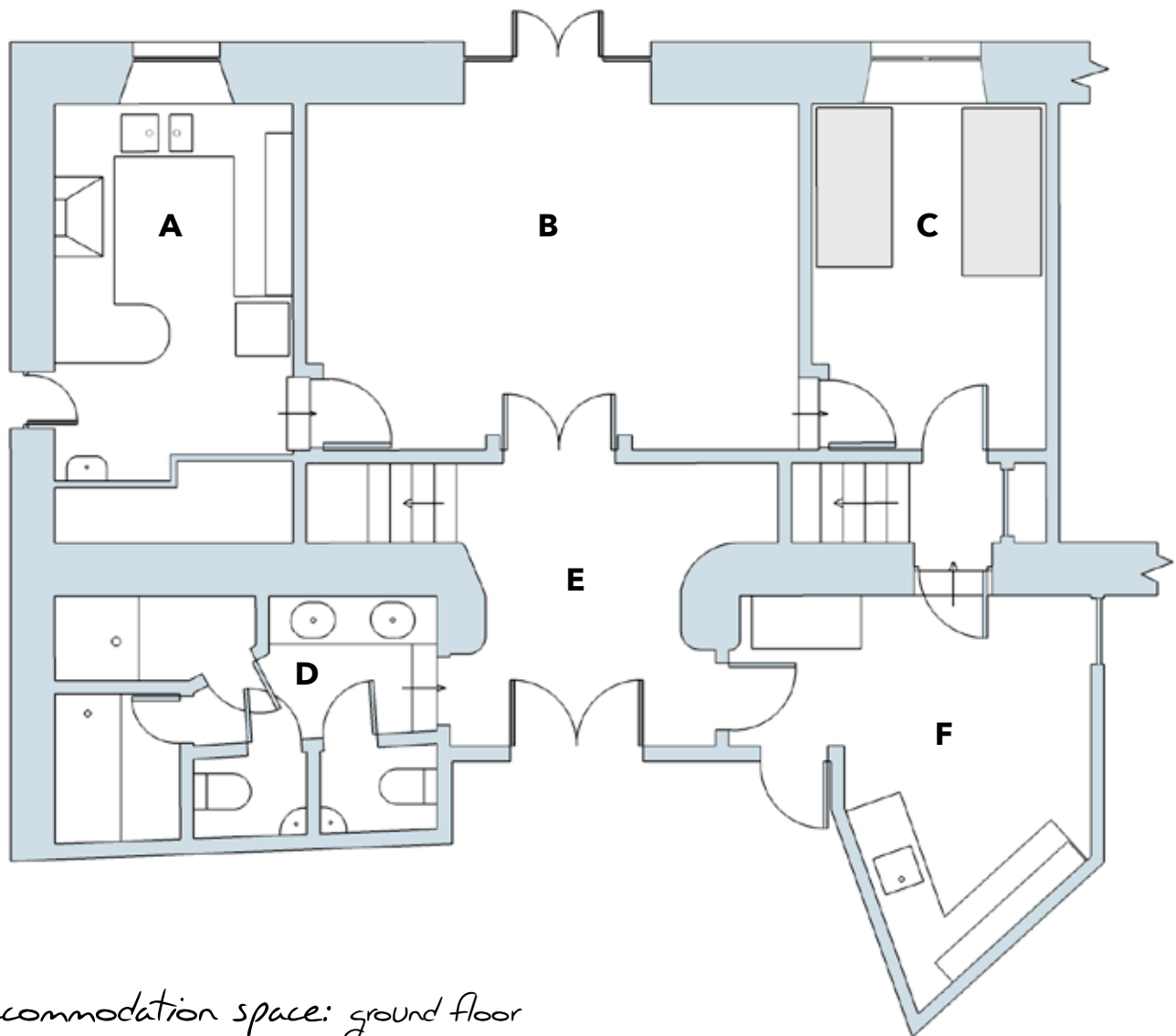
*stop and breathe*



**07540 483903**  
[www.eastdown.org](http://www.eastdown.org)

*east down*

# spaces ... at east down

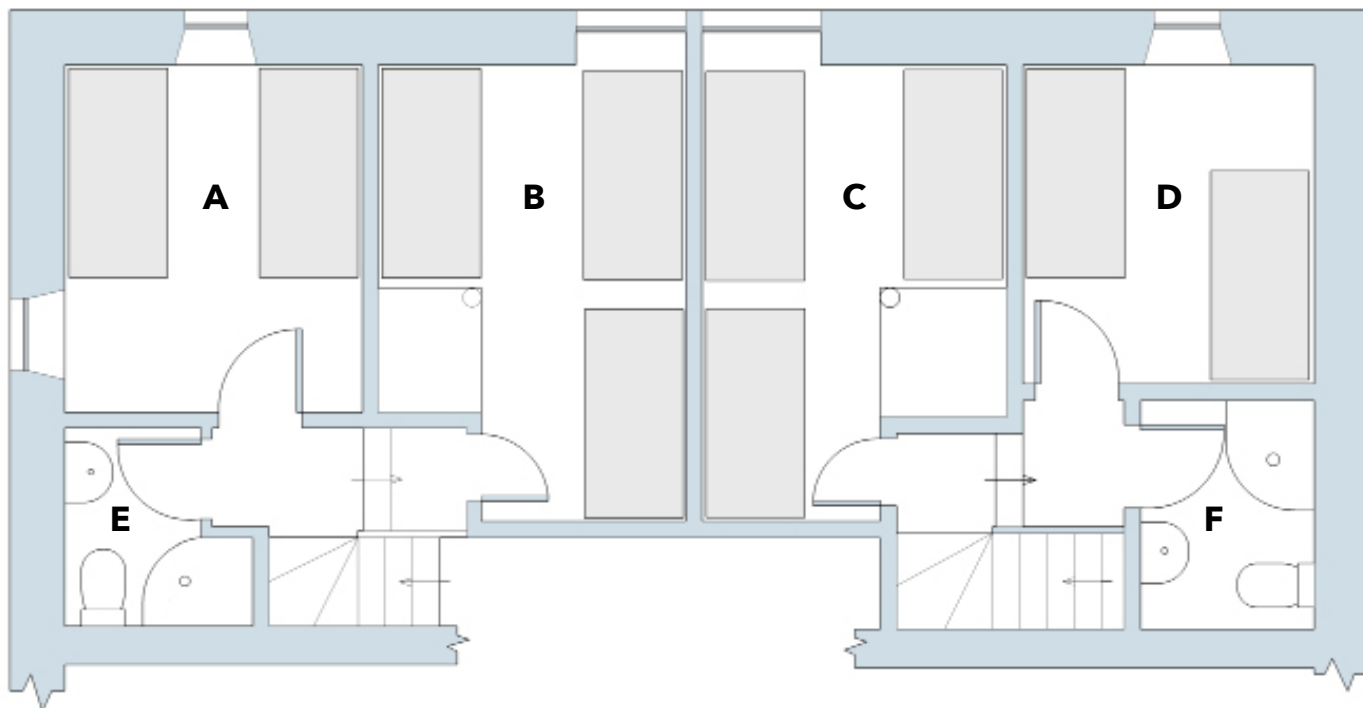


## Accommodation space: ground floor

- A:** Kitchen
- B:** Communal dining and living area
- C:** Ground floor bedroom - sleeps 1 or 2
- D:** Toilets and bath/shower room
- E:** Entrance hall
- F:** Boot room/overflow kitchen area



# spaces ... at east down

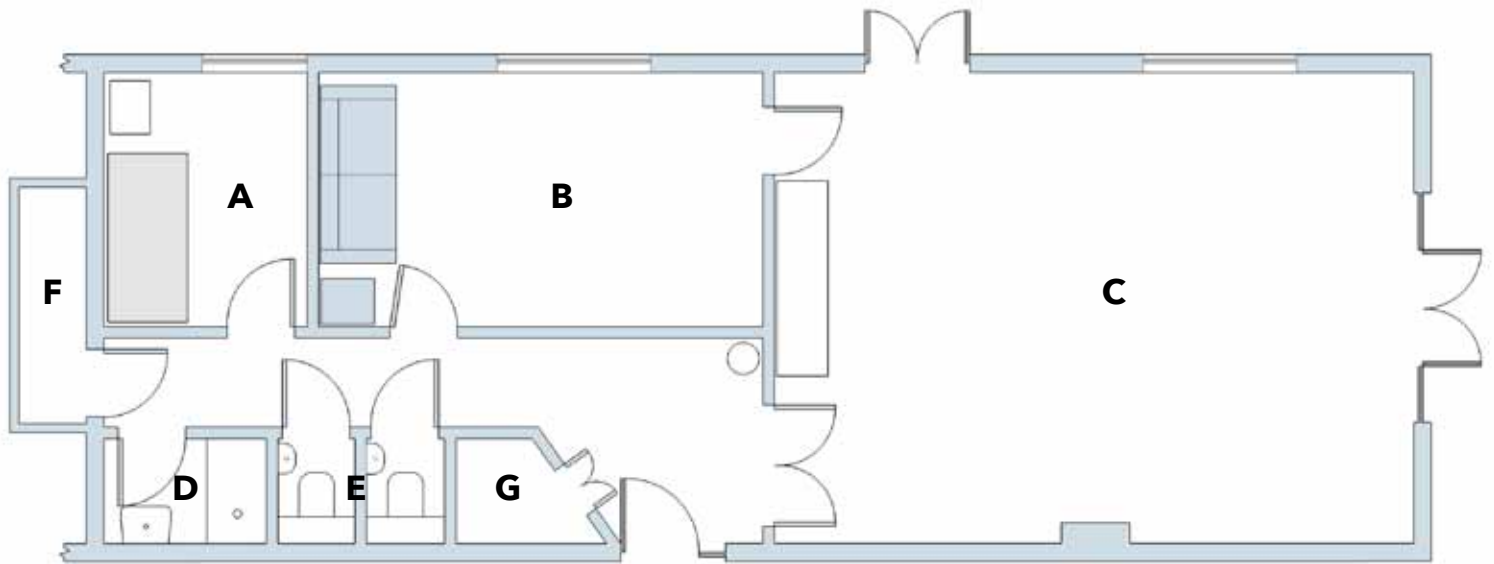


## Accommodation space: first floor

- A:** Earth bedroom - sleeps 2
- B:** Air bedroom - sleeps 3 + one platform bed
- C:** Fire bedroom - sleeps 3 + one platform bed
- D:** Water bedroom - sleeps 2
- E:** Shower room
- F:** Shower room



# spaces ... at east down



## Group space

- A:** Group space bedroom
- B:** Treatment room/bedroom - sleeps 1
- C:** Activity room - 40sqm
- D:** Shower room
- E:** Toilets
- F:** Store cupboard
- G:** Cupboard



# sleeping ... at east down

3 - 4 person bedroom

East Down has sleeping accommodation for up to 16 people, which includes:

## the earth bedroom

2 x comfortable 3' wide divan beds with pocket sprung mattresses

## the air bedroom

3 x comfortable 3' wide divan beds with pocket sprung mattresses

1 x platform bed with a memory foam mattress (reached by climbing a fixed ladder, not for the faint hearted!)

## the fire bedroom

The same configuration as the air bedroom

## the water bedroom

The same configuration as the earth bedroom

## ground floor bedroom

Single divan bed with additional roll-away bed below

## group space bedroom

Located in the group space building and featuring a comfortable 3' wide divan bed with pocket sprung mattress

## treatment room bedroom

Single divan bed with pocket sprung mattress



2 person bedroom



group space bedroom



07540 483903

[www.eastdown.org](http://www.eastdown.org)

east down

# eating ... at east down

We have all the facilities you may need to feed yourselves while you are here. Alternatively we can recommend an external catering company who can provide all or some meals for you.

## the kitchen

Completely renovated early in 2014, the kitchen has been kitted out with all modern conveniences, including:

Large fan oven, induction hobs, microwave, dishwasher, full height fridge, toaster, hot water urn, filter coffee machine and kettle.

There is also a plentiful supply of crockery, cutlery, pots, pans and other utensils.

## the overflow kitchen

We have another large room which is useful for storing coats and boots and also includes a sink and worktops which can be used as an overflow kitchen and storage area.

## the dining room

Furnished with comfortable, chunky tables, chairs and benches, you can configure the dining room to suit your requirements.

## al fresco dining

There are three picnic tables situated looking out over one of the beautiful views of Dartmoor and additional outdoor benches and seats.

the kitchen



the overflow kitchen



the dining/living room



al fresco dining option



# being ... at east down

The most important feature of East Down is the environment and location. We have tried to provide plenty of spaces in which you can enjoy the magical energy of this place.

## the group room

This 40sqm space can be adapted for use as anything from a yoga and dance studio to a training room, from a shrine and meditation space to a music practice venue. We have conference chairs available as well as meditation cushions, blankets and yoga mats.

## the great outdoors

There is plenty of outdoor space to explore and we have cut various paths through the fields for use as relaxation and for meditation walks.

We have an area for a fire pit which you are welcome to use. Please bring your own wood.

In our top field live our therapy animals, two horses and three alpacas. Visitors often join us for feeding and grooming times, or just to be in the field and enjoy their company.

Wildlife in the area is prolific and we encourage visitors from the natural world as much as we can.

Our ongoing vision is to continue to build upon the existing environment by adding more paths, seating areas and places to just be.

the group room



the great outdoors



07540 483903

[www.eastdown.org](http://www.eastdown.org)

east down

# staying ... at east down

## pricing

We are a non-profit Community Interest Company and as such our prices reflect our aim to provide accommodation and facilities to charities, well-being practitioners and spiritual groups at cost price.

cost per night: £272

Up to 4 additional people can be accommodated within the centre at a cost of £23.00 per person per night.

The day rate for non residential guests is £11.

## included in the cost

Our rate includes accommodation for up to 12 people, exclusive use of the activity building, and all the grounds.

## also included

All bedding - duvets, pillows and linen (please bring your own towels)

Heating and hot water

*All prices are inclusive of VAT and valid for 2017*

## how to find us



We are located just off the A30 to Okehampton. Leave the A30 at the Cheriton Bishop turn off, drive to the village, then turn left just before The Thatch Inn - opposite the pub car park (there is a tree in the middle of the road!) Continue for just over a mile then turn right when you see the East Down sign.

Enter EX6 7AL for satnav guidance.

