

Focusing Camp 2023

Ringsfield Hall Eco Activity Centre,
Suffolk, NR34 8JR
21st—25th July 2023



A wonderful opportunity for Focusers and their families to get together to focus, have fun and socialise in a relaxed and natural setting. Everyone is welcome to join the 'Focusing Camp Tribe'!

On offer are two Focusing sessions each day, along with workshops, group sharing, yoga, qigong, meditation, walking, playing games, singing, music, dancing, and more. You decide what activities you take part in!

Activities will be mainly outdoors or under canvas. Folk can gather round a camp fire each evening, weather permitting.

Indoor facilities include a variety of meeting spaces, a dining room, lounges, a kitchen, bedrooms and bathrooms. Campers have access to indoor facilities. Self-serve breakfasts, a vegetarian lunch and dinner are provided.

This is a peer-led community camp for up to 40 people. All participants co-create content that fills the daily structure of activities. Bring along your ideas, decorations, and any useful campsite accessories, and be prepared to help with collecting wood, carrying water, washing up and other fun campsite jobs.

For booking and general enquiries, please contact us at: focusingcamp@gmail.com

One of the organising team will get back to you: Celia, Vicki, Ella, Alison and Anna.

For tickets, visit or scan the QR code: <https://forms.gle/YFxz5MK4CmecQwz5A>

We kick off with a pre-dinner gathering on Friday 21st, closing camp after lunch on Tuesday 25th July.

Costs (per person, fully catered):

Camping/Campervans: **£285**

Shared bedroom: **£345**

Child/Teenager Camping: **£140**

Bookings accepted on completion of booking form and fee payment. Concessionary places, and two-part instalment payments available on application. Contact us to discuss special dietary/health requirements.

