



THE FALCON
CASTLE ASHBY

EXPERIENTIAL TRAUMA INTENSIVE

Sarah Bridge, LCSW and Tracy Northampton, UKCP and BACP Accredited Psychotherapist

Monday 24th June- Friday 28th June 2024



Together we have curated a unique mind, body and spiritual week of healing and recovery for a select group who wish to take another step on their healing journey.

The work will include group and individual trauma therapy, interspersed with sound baths, meditation, yoga and open water swimming at our Capability Brown lake.

The Falcon is a boutique venue on the Castle Ashby estate with its 10,500 acres of natural beauty belonging to Lord and Lady Northampton.

We hope you can join us in this special healing experience designed to enhance your life and personal recovery.

Price for this residential retreat: £3,000 per person
Click [HERE](#) and enter **Falcon24** to reserve your place

This price is based on single occupancy for one of our Cosy Double rooms OR a Double Room in one of our beautifully furnished cottages just a few minutes walk from the Falcon, with ensuite or private shower room. Deluxe Rooms available at a supplement.

Retreat Package - Your training package is inclusive of accommodation, all meals throughout the course, along with a personally curated schedule of tuition and wellness. Massage/Body work is available on request

Connect with us on [Instagram](#) | Tel: +44 (0)1604 698005 | Email: reception@thefalcon-castleashby.com



THE FALCON
CASTLE ASHBY

A Haven for Health with Heritage



A coaching inn built in 1594, Our vision was to create a haven dedicated to rest and renewal where people could come to enjoy the peace and beauty of our surrounding landscape. Wellness and a connection to nature are central to our vision and is the thread which runs through everything we do..





THE FALCON
CASTLE ASHBY

The History of Castle Ashby Estate



The Castle Ashby estate was purchased by Sir William Compton in 1512 but it was not until 1574 that his grandson, Henry, 1st Lord Compton, was able to pull down the derelict Norman Castle and build the present house in the shape of an 'E' in honour of Queen Elizabeth 1st.

The earliest record of the Compton family is dated 1204 when Philip de Compton is recorded as being Lord of Compton Wynyates. Since that time there have been 30 generations in direct male descent to the present owners Spencer and Tracy Compton, 7th Marquess and Marchioness of Northampton. 'Spenny' inherited Castle Ashby and Compton Wynyates in 1967 on his 21st birthday and 50 years later he and Tracy, who has been in the field of mental health for over 30 years, set about restoring The Falcon, a 1594 Coaching Inn as a haven for heritage and health.

The Falcon whose foundations were laid only 20 years after the castle, is surrounded by 10,500 acres of agricultural farmland and villages including ancient forest, Capability Brown lakes, parks and the formal gardens of Castle Ashby house. Their wish is that everyone who comes to stay at the Falcon leaves rested and restored in mind body and spirit.



THE FALCON
CASTLE ASHBY

Meet Our Facilitators

Sarah Bridge, LCSW



Sarah Bridge is a licensed clinical social worker who has a Bachelor's Degree in Psychology from UCLA and a Master's Degree in Social Work from USC. She has over 35 years of experience working with trauma survivors.

During the past 18 years Sarah has been involved in facilitating therapist trainings on developmental trauma treatment (The PIT Model) originally with Pia Melody for over 10 years at Meadows Behavioral Health in Wickenburg, Arizona. She was a Senior Clinical Advisor for Meadows Behavioral Health training Staff and outside therapists in private practice.

Sarah has an active private practice in Phoenix, Arizona which includes individual, marital, family and group therapy. Additionally, Sarah provides case consultation to other clinicians and treatment programs and facilitates intensive workshops as a consultant to therapists across the country and abroad.

Tracy Northampton, UKCP and BACP Accredited Psychotherapist

Tracy Northampton is a UKCP and BACP Accredited Psychotherapist with a Masters in Integrative Psychotherapy and Humanistic Counselling.

A Clinical Supervisor and Training Therapist with over 30 years of experience in mental health, Tracy has worked in various clinical settings, including British Airways, The Priory Hospital Group, and the Recovery Centre, London. Tracy holds a successful and long-standing practice in London where she has welcomed clients since 1992.

She trained with The National Centre for Eating Disorders in 1992 and has continued to develop her skills in the field, training with Pia Melody at The Meadows, Arizona, USA in their renowned trauma model, in 2009.

In addition to being in Private Practice, Tracy has been a Patron of The Body Dysmorphic Disorder Foundation since 2020, and is a Governor of St Andrew's Hospital, Northampton, where she offers particular support to the Voluntary and Chaplaincy services.

Tracy is a registered Yoga Teacher and has been a student of yoga for over 20 years, beginning in the Ashtanga school with John Scott, through to Hatha and Kundalini teacher trainings with Tias Little and Gurmukh.

Tracy is the co-founder and co-creator of The Falcon, Castle Ashby with her husband Spenny, Lord Northampton.





THE FALCON
CASTLE ASHBY

PROGRAMME SCHEDULE

Monday 24th June

Arrival	09.00
Welcome by Spenny, Tracy Northampton and Sarah Bridge.	10.30
Heritage Walk with Spenny and Tracy Northampton	11.00
Light Lunch	13:00
Group Psychoeducation on the PIT Model	14:00
Sound Meditation	18:30
Dinner	19:45



THE FALCON
CASTLE ASHBY

PROGRAMME SCHEDULE

Tuesday 25th June

Breakfast	07:00
Meditation, Yoga or Movement	08:00
Group psychoeducation/Discussion on PIT Model	09:00
1st Debriefing and Group Feedback	10:00
Break	11:30
2nd Debriefing and Group Feedback	12:00
Light Lunch	13:30
3rd Debriefing and Group Feedback	14:30
Break	16:00
4th Debriefing and Group Feedback	16:30
Sound Meditation	17:00
Dinner	20:00



THE FALCON
CASTLE ASHBY

PROGRAMME SCHEDULE

Wednesday 26th June

Breakfast	07:00
Group Check-In	08:00
Meditation, Yoga or Movement	09:30
5th Debriefing and Group Feedback	10:00
Break	11:30
6th Debriefing and Group Feedback	12:00
Lunch	13:30
Lecture in Preparation for Experiential Trauma Work	14:30
1st Inner Child/Feeling Reduction Work and Group Feedback	15:30
Break	17:00
2nd Inner Child/Feeling Reduction Work and Group Feedback	17:30
Sound Meditation	19:00
Dinner	20:00



THE FALCON
CASTLE ASHBY

PROGRAMME SCHEDULE

Thursday 27th June

Breakfast	07:00
Meditation, Yoga or Dance	08:00
Group Check-in	09:30
3rd Inner Child/Feeling Reduction Work and Group Feedback	10:00
Break	11:30
4th Inner Child/Feeling Reduction Work and Group Feedback	12:00
Lunch	13:30
5th Inner Child/Feeling Reduction Work and Group Feedback	14:30
Break	16:00
6th Inner Child/Feeling Reduction Work and Group Feedback	16:30
Art, Exercise and Collage	18:00
Dinner	20:00



THE FALCON
CASTLE ASHBY

PROGRAMME SCHEDULE

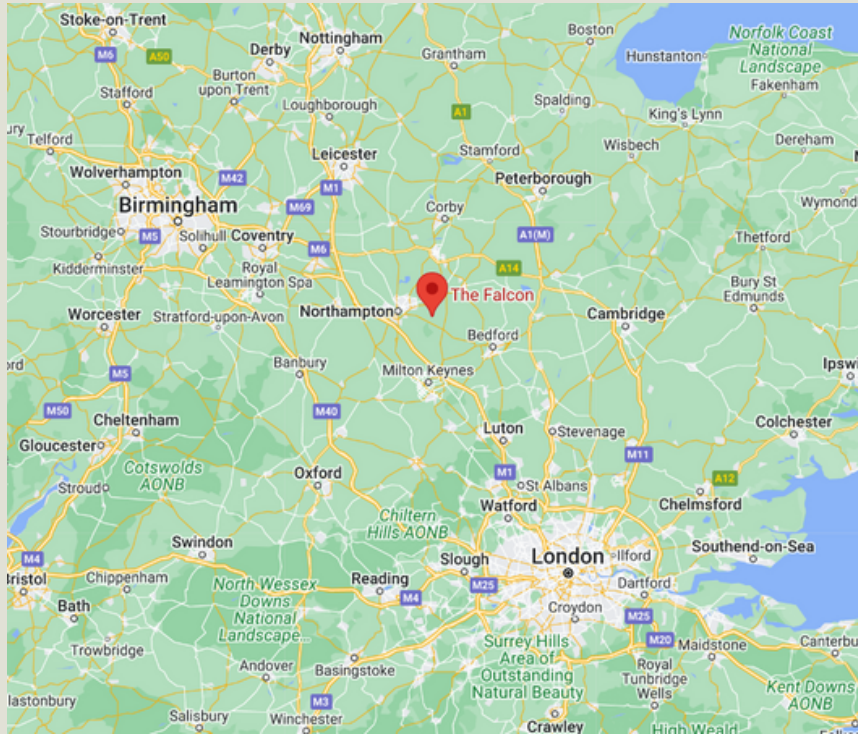
Friday 28th June

Breakfast	07:00
Group Open Water Swimming	08:00
Collage Artwork Show	10:00
Light Lunch	13:30
Sound Meditation and Closing Ceremony	14:30



THE FALCON
CASTLE ASHBY

Getting to The Falcon



BY CAR

Heading north from Central London on the M1, exit at junction 14, and continue along A509 towards Castle Ashby, NN7 1LF.

BY PLANE

Our nearest airport is London Heathrow, approximately 1 hour and a half by car to The Falcon.

TRAINS

Our two nearest train stations are Northampton with services to London Euston, and Wellingborough with services to London St. Pancras. Both routes operate direct services in under an hour to and from Central London.

TAXIS

If you are travelling by train we advise to pre-book taxis to and from the train station to The Falcon, we have the below taxi numbers:

Wellingborough Station
Lee Cabs: 01933 442444

Northampton Station
Amber Cars: 01604 232666

Free parking is available at The Falcon, and electric car charging points are provided by Pod Point. Please note, charging cables are not supplied.