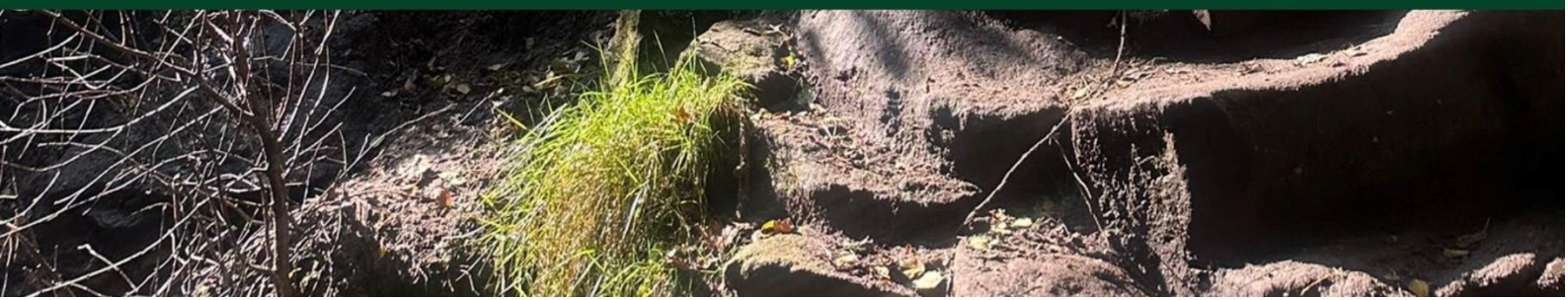




Run with Heart and Mind UK

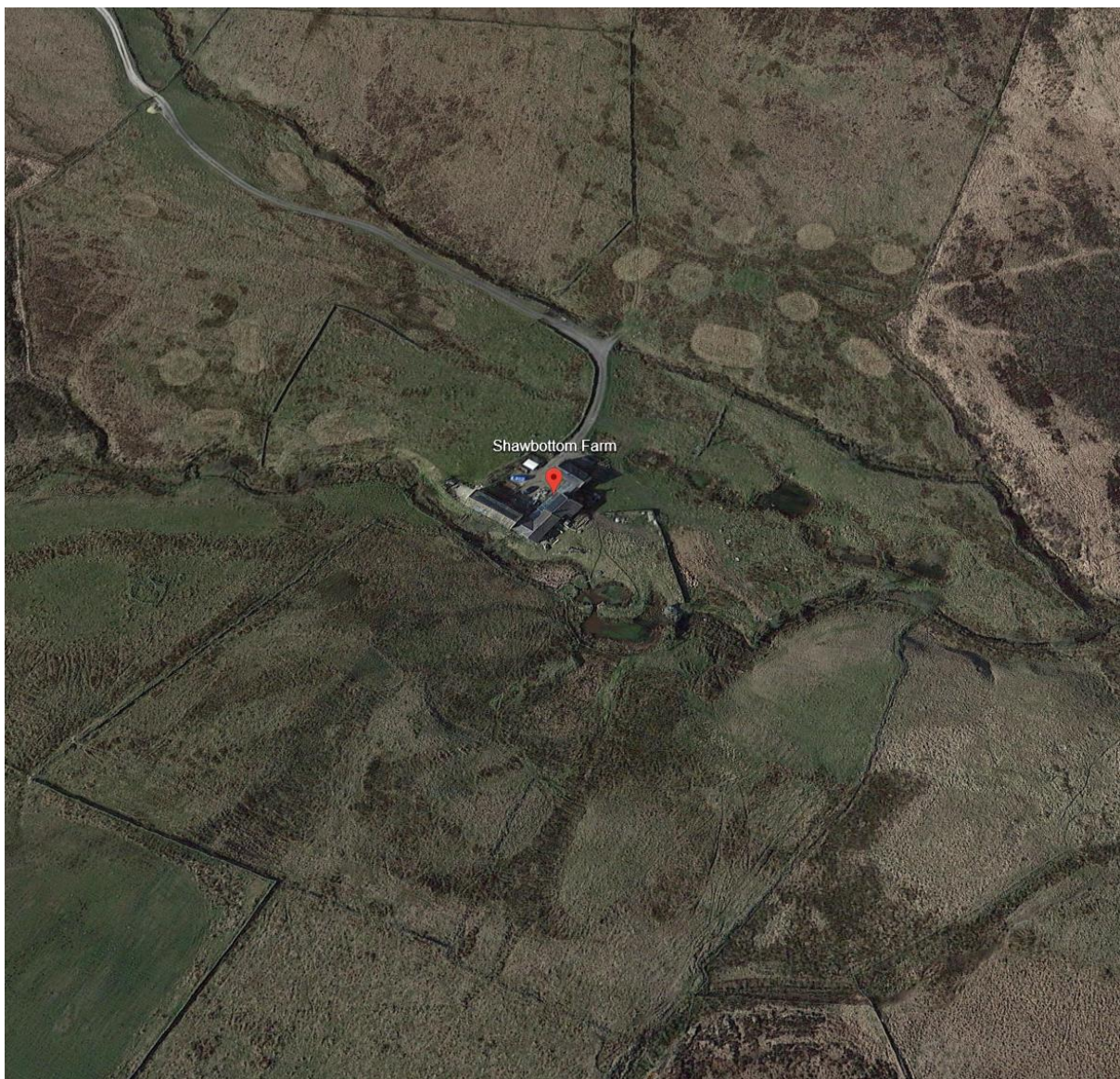
10–13 July 2025



Run with Heart & Mind: UK

Trail running retreat – Peak District, 10-13 July 2025

Thank you for your interest in RUN-ZEN's 'Run with Heart & Mind' retreat. This information pack should answer most of your questions but do please contact Stuart at runzen.contact@gmail.com if you need any further information.



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Run with Heart and Mind – an introduction

Join us to re-energise and unwind on our three-day summer retreat in the open and wild countryside of the Staffordshire Moorlands in the Peak District.

Daily guided trail runs through this rugged landscape will be balanced with a programme of gentle tai chi-based movement and meditation, and with plenty of free time to relax and enjoy the peaceful surroundings.

Who is this retreat for?

We all need to step away from the stresses and strains of everyday life from time to time. If you're looking to immerse yourself in peaceful natural surroundings in good company, while finding the right balance of activity and relaxation, then this retreat will be perfect for you.

- ❖ Our daily runs will be at an easy pace and will include time for breaks and enjoying the scenery.
- ❖ The runs will vary in length from around 8 to 14 kilometres. The longest run is expected to take over 2.5 hours with breaks and rest.
- ❖ Participants will need to have a suitable level of fitness for running these distances. As a rough indicator, we suggest the retreat will be best suited to people who can run 5K within 30 minutes.
- ❖ No previous experience of tai chi or mindfulness is necessary.



The trail running explained

We've carefully explored the local area to provide an exciting variety of trail runs.

Our running adventure will explore moorland trails and a number of the natural landmarks of the area. We will pass over Ramshaw Rocks, Hen Cloud and The Roaches, the famous gritstone ridge which overlooks Tittesworth Reservoir. We will also explore such places as Black Brook Nature Reserve and Lud's Church, a deep moss-covered cavern full of history and myth.

As you will see from some of the images, the trails pass through moorland which may be wet in places as well as following rough, rocky tracks. The running terrain for this retreat will be challenging, with a good amount of climbing and descending, so you will need to be confident running this type of terrain.



It will be essential to bring trail shoes.

We don't want anyone to be anxious about the ability of the group and whether they can keep up. Each run will of course have a guide at the front but also a back marker so that we ensure the group remains together.

The pace of the runs will be intentionally relaxed and will include time for breaks. The longest run we have planned is around 14 kilometres in length which will take at least two and a half hours to complete allowing time for breaks and rest. It is important therefore that all participants are sufficiently fit to be able to run this distance.



RUN-ZEN's unique offer is to incorporate mindfulness into running.

In simple terms this is about learning and investigating the value of bringing awareness to the activity of running. Throughout the retreat we will explore together how to apply mindfulness skills to support greater enjoyment and focus when we run.

Tai chi & mindfulness meditation

While the central activity of our Run with Heart and Mind retreats is the trail runs, we will be incorporating a complementary programme of activities to more broadly support your health, wellbeing and fitness.

The Tai Chi Movements for Wellbeing (TMW) practice will explore how other forms of mindful movement can complement our running. TMW is a simple sequence of movements drawn from both the tai chi and qigong traditions which is particularly effective in helping us to be fully present in our bodies.

Alongside our activities in movement will be sitting meditation practice. The whole programme is designed to support you to build your 'muscle of mindfulness' – growing the capacity to bring more clarity and awareness to your moment-to-moment experience.

The retreat leader

Stuart McLeod

Stuart will be guiding you through the retreat's programme of trail running, tai chi movements and mindfulness practices.

He has been a regular runner for nearly 30 years and spent around a decade competing in duathlon (run/bike/run) representing Great Britain as an age-group athlete at several international Championships.

Stuart has participated in a variety of mindfulness programmes and is a Trained Teacher in Mindfulness-Based Stress Reduction (MBSR) with Bangor University's Centre for Mindfulness Research and Practice. He has been practicing meditation in the Chinese Zen tradition for over 25 years, teaching meditation and leading day retreats with the Western Chan Fellowship.

He is a teacher of Tai Chi Movements for Wellbeing (TMW) and a qualified Qigong Instructor with Long White Cloud Qigong.

A key focus of Stuart's personal practice centres upon the application of mindfulness techniques and skills as a means to help us re-inhabit our bodies, and he thinks there is no better way to practice this than through mindful running.



The retreat programme

Start and finish times

10 – 13 July 2025

You are invited to arrive from 5.30pm on Thursday 10 July. There will be a light evening meal at 7.00pm and the retreat will start at 8.00pm. The programme will finish by 12.00pm on Sunday 13 July followed by lunch.

Each full day will begin at 7.00am with the final guided activity closing around 8.30pm. There is a sample schedule on page 7 and each day will include:

- ❖ Trail running
- ❖ Mindfulness for Runners – learning and practising how to establish a foundation and focus to run mindfully.
- ❖ Tai chi and qigong – easy-to-learn mindful movement.
- ❖ Meditation – guided silent practices to help calm and focus the mind.
- ❖ Free time to explore your surroundings or simply relax and reset.

Through this combination of practices, we will investigate together the value of developing skills in cultivating awareness, embodiment and relaxation. We will explore how to apply these principles both to help us run with more focus and enjoyment, but also how they can support our wellbeing in daily life.



The daily schedule

This may be subject to change, but a typical day will look something like this.

07:00 Wake up

07:30 Morning practice – meditation

08:10 Breakfast

09:30 Tai Chi Movements for Wellbeing

10:30 Mindful running

13:00 Lunch

14:40 Mindfulness practice

15:40 Pause and reflect

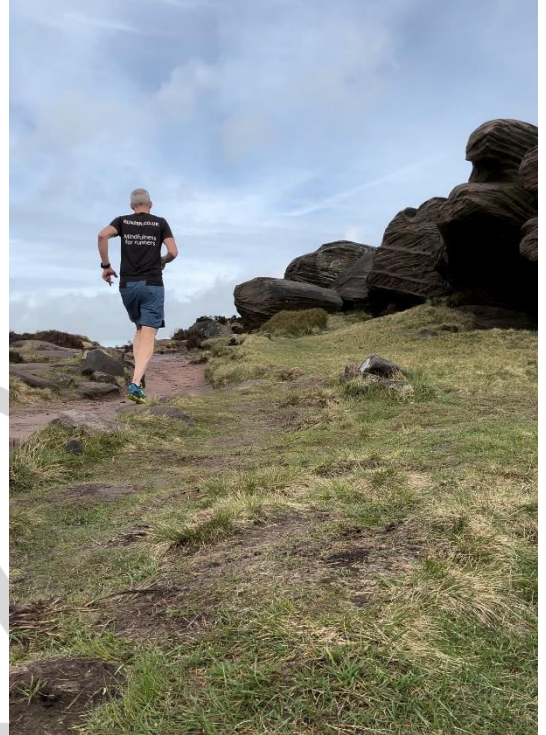
16:30 Tai Chi Movements for Wellbeing

17:30 Pause and reflect

18:30 Evening meal

19:45 Meditation and reflection

20:30 Close / free time



The accommodation

Shawbottom Farm

The retreat will be based at Shawbottom Farm, a 23-acre farm property nestled within a wildlife corridor connecting two nature reserves in the Peak District National Park. It is secluded, being accessed via a private track which does not lead to any other properties. The buildings have been modernised and converted to provide group accommodation making it an ideal property for isolated rural retreats.



Indoor practice space

We will be using the space pictured below in the main house for some of our meditation and tai chi practices as well as the courtyard outside.



There are three different accommodation options.

Twin room

For two people who would like the comfort of their own room, we have three twins available.

Single bed in a dormitory

The dormitories will be male or female only sharing with up to three other people.

Whole dormitory for three or four

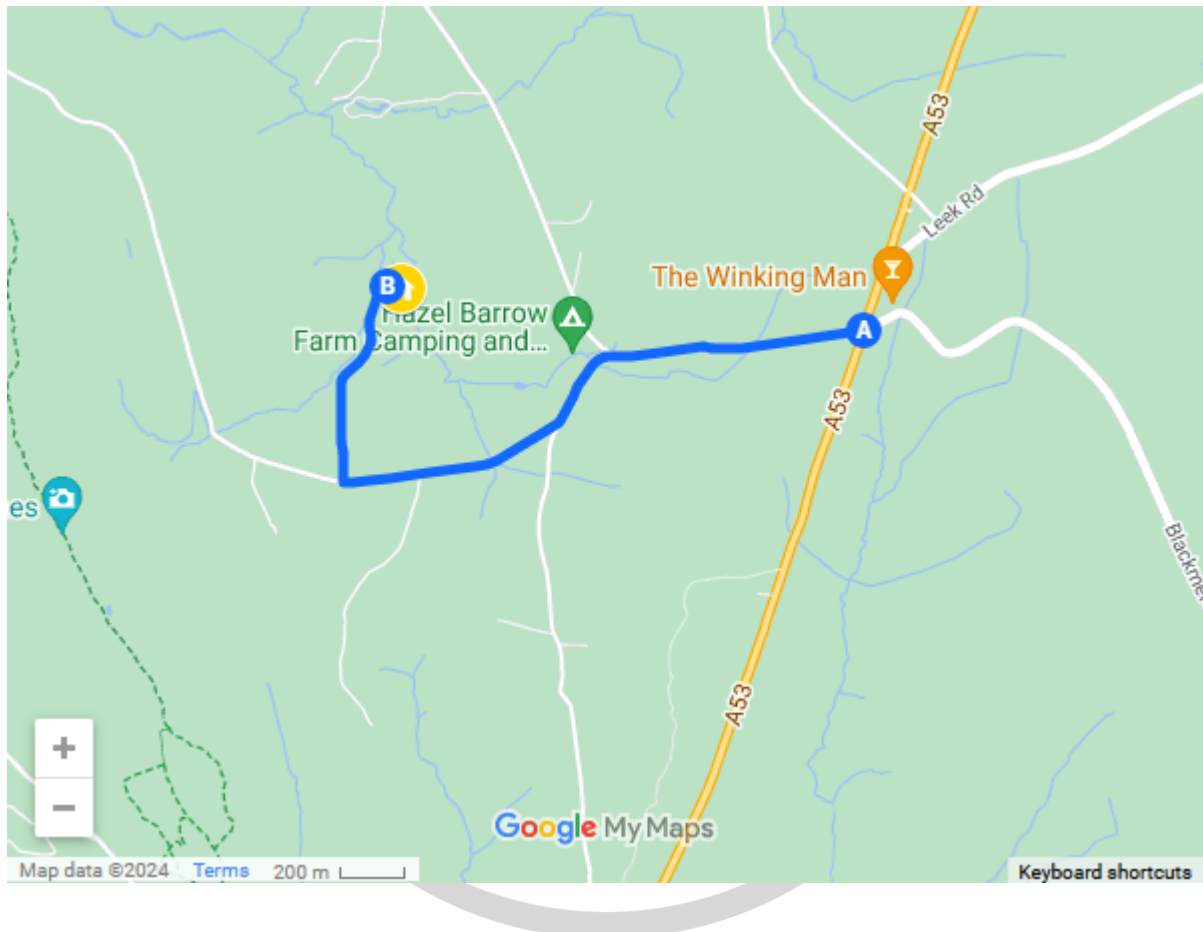
If you would like exclusive use of a dormitory for three or four people, we have set pricing for the option of sharing your own dormitory with a discount.



Travelling to Shawbottom Farm

Address: Upper Hulme, Leek ST13 8UQ. Shawbottom is about a mile off the A53 between Leek and Buxton.

For a detailed description of how to find Shawbottom and further information about public transport options visit: <https://shawbottomfarm.co.uk/directions/>



Train

The nearest mainline railway stations are Macclesfield and Stoke-on-Trent. From these stations you could proceed either by taxi all the way to Shawbottom or use buses to reach Leek or Buxton and take a shorter/cheaper taxi ride from there.

Taxi

There are taxi companies based in Leek, Buxton, Macclesfield and Stoke-on-Trent. As Shawbottom is located in a rural area with no road names, it is recommended that you take a screenshot or print the map above and directions which you can find [here](#) in case you need to help your taxi driver to find the venue.

If you need any support and advice with arranging your travel please let us know and we'd be happy to help.

Catering

Food will be full board vegetarian/vegan with three meals per day with drinks and snacks available at any time. We will cater for special dietary requirements if requested prior to the start of the event. Please let us know beforehand.

Retreat costs

The full retreat fee includes accommodation, food and all tuition. It does not include costs of transportation/transfer to the retreat venue.

There is a choice of three types of accommodation.

- Shared twin room – £740
- Single bed in dormitory – £345
- Whole dormitory for group of three (with discount) – £900
- Whole dormitory for group of four (with discount) – £1160

Bookings can be made through the RUN-ZEN website [here](#).

You have the option of paying the full fee or a 30% deposit and then the remaining balance which is due 60 days before the start of the retreat. We are also happy to accept payment by bank transfer, so please let us know if that is your preferred method of payment.

Before booking, we recommend that you familiarise yourself with our [Retreat booking terms and conditions](#).

Getting in touch

We are very happy to answer your questions at any time.

Please e-mail Stuart at runzen.contact@gmail.com

