



From blue light to starlight

11th - 14th August 2018

Step back in time
on the magical island of Sark
officially designated a dark sky island.



Disconnect from harmful blue
light emitting screens with all
their addictive entrapments to
a new light – starlight on the
world's first 'dark-sky island'.

Research shows that the average person looks at their phone 46 times a day, and a third of us check our messages in the middle of the night. Spending these huge chunks of our days engrossed in an online world has many negative effects, both physically and mentally. From poor posture and arthritis, to insomnia and relationships with others and ourselves.

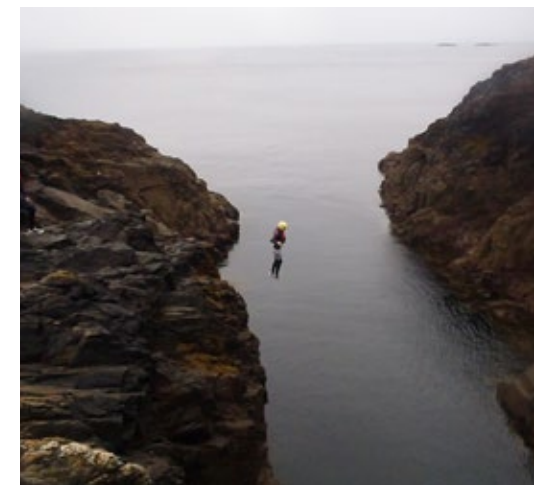
By being ‘unplugged’ we can fully immerse ourselves in unique experiences. The irony is, that to really connect with yourself, your environment and others you need to disconnect. There is a belief that screen addiction is the modern day cigarette, but in this case we crave distraction. So here’s the challenge, can you disconnect from technology, unplug from social media, take time out from email, even press the ‘off’ switch on your phone and connect with the world around you?



There’s no psychological prodding or lectures on the “From blue light to star-light” retreat just immersing you in a plethora of positive distractions.

Sark Island, your home for the weekend, is a stunning rugged plateau of rock some three hundred feet high, and with no cars or street lighting the view of the night sky is nothing short of spectacular.

Over seven thousand stars and planets are visible with the naked eye and the Milky Way stretches from one horizon to another.





Set in a picturesque wooded valley in the heart of Sark, Stocks provides the ultimate in rustic-chic charm and barefoot elegance.

The finest traditions of rural hospitality blend with modern creature comforts.

The hotel is family owned and personally managed, and we pride ourselves on offering excellent accommodation and superb cuisine.

The old Smugglers Bar at Stocks is steeped in Sark history.

White-washed granite walls and traditional oak beams evoke memories of pirates and privateers from a bygone age."



“Originally built as a working farm in the 16th century, Stocks Hotel has been renovated and refurbished. The hotel brings a new level of informal luxury and personal service to the Channel Islands.





We selected this weekend because of the Persied's meteor shower, where you will experience sights that are literally out of this world.

Sharing his passion and knowledge of constellations, stars and planets is astronomer, **David Le Conte**.

David spent his early career in America, working in the space programme during the 1960s Apollo missions to the Moon for the Smithsonian Astrophysical Observatory under NASA.

The Persied's shower isn't the only excitement this weekend.

Anticipate seeing Jupiter and it's four bright moons, Saturn and its rings, and Mars (which happens to be making a close approach to Earth); you might even catch a glimpse of Venus just before it sets.

The Andromeda Galaxy, the Ring Nebula, and the Hercules star cluster will also be visible, as will the beautiful constellation Cygnus the Swan, with its stunning double star Albireo.

The Milky Way will be arcing right overhead, the centre of the Galaxy with its lovely gaseous nebulae situated just above the southern horizon

You'll also learn how to photograph the night sky with **Sue Daly** for a lasting memento of this once in a lifetime experience.

Sue has worked with the BBC, National Geographic and many other publications, as a photographer and filmmaker.

She also works with Sark Life, a local publication that highlights the natural beauty of the Island.

A photographer will be joining us for the four days capturing the experience so that you don't miss out on those amazing Instagram-able opportunities.





By day enjoy the wild beauty that is Sark.

Roam the tiny lanes, free of all traffic, apart from the odd tractor, identifying and gathering an edible crop from hedgerows and seashores with wild food and foraging expert **John Wright** from the UK Channel 4 television show River Cottage.

John will guide you through the joys of foraging for your supper and our private chef **Luis** will show you how best to prepare it as we return to the hotel to cook and feast upon our finds.

Return home with many stories to tell of the unusual ingredients and flavours you have tried.

Due to its unique habitat, the island is rich in species that are rarely seen in other locations.

A perfect setting to get in touch with your creative side with sketch pad and pastels, or sit still, listen to music, read or meditate.



At just three and a half miles long by a mile and a half wide Sark is the perfect size to get in some fitness time exploring the island on foot or by bicycle.



Explore the crystal clear Channel Islands water by kayak taking in the stunning scenery and wildlife, if you're very lucky you might see puffins and dolphins.

From stargazing to foraging and if we're lucky dolphins you'll share amazing food with wonderful people in a place that is like no other on earth. Four-days, three-nights to unplug and reconnect on the beautiful rustic island of Sark.



We are certain you will feel happier, healthier, and with more of a sense of connection than any online platform could provide.

BOOK YOUR PLACE TODAY

Price and daily schedule on request.



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