

More info for ES/EHS people

Hello, my name is Iris and I would like to invite you to stay with us here in our shared Farmhouse in Bryn Y Garreg our **ES friendly, wireless tech free** 17.5 acres small farm in Mid Wales. A remote location close by to thousands of acres of woodland, fresh air and a **very low EMF / RF environment**. Please note: We provide short term accommodation only.

This has been my home for the past 6 years. A place where I have been able to improve much from my own difficult trials with EHS and now lead a much more involved life again with far fewer restrictions.

Sadly, as with all things our place is not for everyone. We are all different and have our own unique set of sensitivities. However, I do hope this place will be a safe haven for many of you.

Please note at present RV's are difficult for us to commit to, as we have only a few spots within fields to put you in and access is weather dependent. Any questions about staying over in an RV please contact us directly nearer the time.

Some extra info about our accommodation which can be useful for ES/EHS sensitive people to know:

- We have used 100% natural Lakeland 0 VOC's paints during our refurbishment, however there is plenty of conventional old paint on walls and ceilings (all be it many years old).
- All bedroom carpets are hessian backed non static with a high wool content.
- Our lighting is mostly LED.
- Well behaved dogs are welcome in the farmhouse but must be kept on leads outside at all times, as we have livestock on the farm. We do

charge a small fee per dog during your stay in the farmhouse. Please ask if you have more than 2 dogs you would like to bring.

- We do NOT turn off electricity at night in the farmhouse or in the yard, this is due to practical aspects of running the farm and the house.

However, there is a possibility with **bedroom 1 only** of turning off this section of the electric lights and power sockets. We can sort this out for you, if you are the only guests staying or if other people in your party consent to not having the main hall light on during the night or 24/7 (depending on your requirements).

This will however involve a disclaimer to be signed for all parties concerned to comply with health and safety. This option is only bookable after all parties agree.

Please Note: Candles are not allowed in the guest part of the house for insurance reasons, so make sure you have a light source with you other than real candle light.

- We run an oil boiler/Aga, which is on the opposite side of the house to our guest quarters. This means the electromagnetic field will not interfere with our guest quarters.
- You will find the following electrical appliances in the guest kitchen: electric cooker and fridge freezer, as well as a kettle and toaster.

There is the option of a 2 ring gas camping stove instead of using the electric cooker. Please request this option in advance, so we can get it set up for you.

You can also choose to have the fridge freezer turned off. We can provide alternative arrangements for you to store a small amount of cooled/frozen food in other parts of the property, so it won't affect you in your guest suite space.

- Our internet router in the farmhouse does NOT have a Wi-Fi function and any laptops we use for business purposes in our part of the

farmhouse are cabled with ethernet connections and TP links with airplane mode enacted at all times.

- All our guest beds are of wooden construction without metal frames with foam mattresses without metal coils inside to ensure a good night sleep. Due to this construction our beds do not need earthing and therefore we *do not allow people to earth any items outside from their bedrooms.*
- We will find you parking in the farmyard, if you are unable to park in the guest car park. All other vehicles will have to be parked in the guest car park, apart from a quick unloading / loading session at the house.
- Arrival & Departure:
For a brief period for unloading/loading purposes you are able to park next to the farmhouse, otherwise please park away from the house in our guest car park.
- Using your personal mobile phone/electronic devices:
This must be done outside the bounds of our property/land or in our specifically designated guest car park (which is far enough away not to interfere with others).

During your stay with us, you might like to explore ways of reducing anxiety levels and learn about ways which enable your body's fight and flight responses to turn back to calm and energising. I offer suggestions on ways forward to achieve more harmony within your body based on my own personal experience. **I also offer on-line skype sessions on this topic.**

If this is something you are interested in, please get in contact with me to book an up to 45 min session. I don't officially charge for my advice, however, ask for a minimum £15 donation towards our rescue pony fund to pay for special herbs and feed required on a regular basis.

Interaction with animals is known to alter our own energetics which can help with ridding our bodies of some of the effects from EMF exposure. (This has helped me a lot over the years.)

For instance, animals can help us ground, calm our minds and focus our mind to build emotional fitness and intelligence. They are also masters of lifting our mood and are therefore beneficial to be around for our mental health. They teach us about mindfulness and require us to show up with authenticity. They cultivate heightened self-awareness as well as develop what we call 'feel' in the equine world, just to mention some of the many benefits in spending time with them in our guided environment.

We offer Equine Facilitated Learning sessions as well as mindfulness excursions with our sheep with both being highly beneficial to our wellbeing.

If this is something you are interested in please get in touch for more information.

If you would like to know more about my own journey with EHS please ask me to send you an email with the information. I warn you though, it is a long journey! (Please supply an e-mail address, thank you.)

Any further questions, please contact Iris on either 01938 820407 or irismales@gmail.com, or send me a **text only** to 07942 861647.