

REWIRED

HOSTED BY TRANQUIL WATERS



WWW.TRANQUILWATERSRETREAT.CO.UK

WHO WE ARE

We are Dan and Emma, husband and wife team and founders of Tranquil Waters Health and Wellness Retreat.

After being multiple business owners, trapped in the chaos of the never-ending rat race, locked in by successful business that was delivering only unhappiness and stress, we eventually took a step back. A step back that allowed us to look within, be true to ourselves and cultivate a life and business that aligned with us, our values and our dreams.

Since we started this journey, we attract incredible and beautiful people into our lives.

We are so fortunate to be assisted by Clare, Jeffery, Louise and Lynn plus a few others great therapists that assist us in creating a truly magical place for men and women to come, step away from society and the rat race. A safe space to heal, remove their masks, be their authentic self and raise their vibration.

We are honored to hold space for you and we look forward to inviting you to join us in in a truly magical experience that you will never get.

Love the Tranquil Waters team



Dan and Emma
@Tranquil Waters



Clare and Jeffery



Louise
Immortelleyoga



Lynn
Private Chef

WHAT IS THE REWIRED RETREAT?

Escape the rush of modern life and immerse yourself in a transformative 28-night retreat at Tranquil Waters. Surrounded by serene natural beauty, this programme is designed to help you reset your body, nurture your mind, and elevate your spirit.

A Holistic Approach to Healing

Through a carefully curated blend of practices and treatments, you'll experience the powerful combination of healing and detoxification. Begin your days with calming yoga sessions and grounding meditation, complemented by our tailored Cleanse & Detox Programme.

With the guidance of our knowledgeable wellness team, you'll have the flexibility to embark on a fasting journey of up to 21 days, should you choose. This ancient tradition stimulates a deep cleanse that revitalises every cell and tissue, promoting clarity, balance, and vitality.

Daily Therapies to Support Your Journey

Throughout your stay, you'll enjoy a variety of therapies designed to support your physical, emotional, and spiritual wellbeing:

- **Float Therapy:** Experience weightless relaxation, helping to reset your mind and body.
- **Breathwork:** Harness the power of your breath to release tension and connect deeply with yourself.
- **Sound Healing:** Soothe your spirit with the therapeutic resonance of singing bowls and other sound tools.
- **Traditional Massage:** Melt away stress with a full-body therapeutic massage.
- **Reiki Healing:** Rebalance your energy with this gentle yet powerful energy work.
- **Infrared Sauna:** Detox in our infrared sauna

WHAT IS THE REWIRED RETREAT?

Nourishment and Integration

Our private plant-based chef and nutritionist will prepare wholesome, nutrient-rich meals to support your journey. Post-detox, you'll enjoy a gradual and nurturing reintroduction to food, allowing your body to fully integrate the benefits of the cleanse. Savour vibrant, seasonal dishes that include fresh fruits, crisp salads, rejuvenating juices, and nourishing vegetables, all designed to promote balance and vitality.

Spiritual Exploration in the Final Days

The retreat concludes with a focus on spiritual exploration, offering unique opportunities to dive deeper into your inner world. Explore:

- Akashic Readings: Access the energetic records of your soul for insight and guidance.
- Past Life Regression: Journey through time to uncover lessons and patterns that shape your present.

Personalised Care and Support

Our dedicated wellness team will guide you every step of the way, offering daily support and personalised recommendations to ensure you feel comfortable and confident throughout your stay. From the initial detox to the day-by-day reintroduction of healthy foods, we are here to help you create lasting changes for a healthier, more balanced lifestyle.

Transform Your Life

The Rewired Retreat is more than a programme—it's a complete reset for your body, emotions, and spirit. Whether you're seeking clarity, rejuvenation, or spiritual growth, this immersive 28-night experience is your opportunity to reconnect with yourself and embrace a vibrant, healthier lifestyle.

WHATS INCLUDED



- Two personalised health assessments and consultations, including blood tests tailored for men's and women's wellness.
- A customisable detox programme ranging from 7 to 21 nights, incorporating fasting and colonic cleansing.
- Pre-cleanse preparation lasting 2 to 5 days.
- Post-cleanse integration over 2 to 5 days.
- Weekly sound healing sessions featuring shamanic practices, crystal bowls, and gongs.
- Weekly breathwork sessions designed for emotional release and rejuvenation.
- Daily sessions focused on affirmations and gratitude to cultivate a positive mindset.
- Heart and brain coherence sessions to promote alignment and focus.
- Guided meditation practice offered daily (Mon-Fri)
- Weekly workshops, including Healing from Within, My Powerful Mind, Emotional Regulation, and Quiet the Mind and the Soul Will Speak.
- Two yoga classes daily to energise and restore the body and mind.
- Weekly excursions to immerse yourself in nature, including wild swimming, hiking, canyoning, and rock climbing.
- Unlimited access to wellness facilities such as an infrared sauna, hot tub, and ice bath.
- Eight 60-minute massage treatments for deep relaxation and muscle recovery.
- Four 60-minute Reiki holistic healing treatments for emotional and energetic balance.
- One specialised holistic therapy session, such as lymphatic drainage or crystal bowl sound healing.
- Weekly cooking and nutrition classes to empower you with healthy habits for everyday life.
- Detailed post-detox guidance to help you reintroduce foods mindfully after fasting.
- Probiotic implants and a choice of nourishing break-the-fast meals.
- Filtered drinking water provided throughout your stay.
- Access to our tranquil wellness facilities, complete with a variety of healthful teas and books, and daily check-ins with staff and fellow detox participants.
- A serene environment promising rest, relaxation, and rejuvenation.
- Three plant-based meals provided daily.
- Weekly one-to-one mental health coaching sessions.
- Weekly hypnotherapy sessions.
- A ceremonial firepit experience.
- Akashic reading sessions.
- Past life regression hypnotherapy.



THE PLAN

SAMPLE ITINERARY

An immersive 28 day journey

Do you sense a feeling of being adrift? Perhaps there's a void, and you carry an enduring weight of unease, anxiety, and stress?

Many of us relentlessly pursue the elusive state of 'happiness,' seeking external answers through distractions and attempts to numb our innermost emotions.

Yet, the true answer resides WITHIN.

Discovering inner peace, fostering deeper self-awareness, and mastering the ability to repel the impacts of negativity can transform your daily existence into one that is happier, healthier, and more fulfilling.

Is it time to turn your focus inward?

Allow us to guide you on this transformative journey.

Week 1: Preparation and Pre-Cleanse (Days 1-7)

Focus: Gently transition into detox, set intentions, and establish routines.

Daily Schedule (Sample):

- 7:00 AM: Morning Yoga (Energizing Flow)
- 8:00 AM: Plant-Based Breakfast
- 9:00 AM: Guided Meditation + Daily Affirmation & Gratitude Session
- 10:00 AM: Health Assessment and Wellness Consultation (Day 1 or 2)
- 11:00 AM: Workshop: Healing from Within
- 12:30 PM: Plant-Based Lunch
- 2:00 PM: Float Therapy Session (3x per week; Day 2, 4, 6)
- 3:30 PM: 1:1 Mental Health Coaching (Weekly Session)
- 4:30 PM: Breathwork Session (1x per week)
- 5:30 PM: Restorative Yoga
- 7:00 PM: Plant-Based Dinner
- 8:00 PM: Sound Healing Session (Shamanic or Gong Therapy, 1x per week)
- 9:00 PM: Guided Night Meditation

Key Activities:

- Pre-cleanse guidance and mindfulness preparation
- Weekly workshop: Healing from Within
- First excursion: Hiking (Day 5)

THE PLAN

WEEK 2: DETOX AND DEEP CLEANSE (DAYS 8-14)

Focus: Detoxification through fasting, colonic cleansing, and self-healing.

Daily Schedule (Sample):

- 6:30 AM: Sunrise Yoga (Gentle Stretching)
- 7:30 AM: Morning Guided Meditation + Gratitude Practice
- 8:00 AM: Herbal Detox Tea + Probiotic Support
- 9:30 AM: Detox Information Session + Journaling
- 11:00 AM: Float Therapy Session (3x per week; Days 9, 11, 13)
- 1:00 PM: Detox Soup or Juice
- 2:00 PM: Workshop: My Powerful Mind
- 3:30 PM: Lymphatic Drainage or Holistic Healing Treatment (Crystal Bowl Therapy)
- 5:00 PM: Yin Yoga
- 6:30 PM: Break-the-Fast Option (Fasting Program Participants)

Key Activities:

- Transition into detox program (fasting begins)
- First colonic cleansing session (Day 9 or 10)
- Excursion: Wild Swimming (Day 12)

THE PLAN

WEEK 3: DETOX CONTINUATION (DAYS 15-21)

Focus: Emotional healing, mental clarity, and physical rejuvenation.

Daily Schedule (Sample):

- 7:00 AM: Heart and Brain Cohesion Session
- 8:00 AM: Morning Yoga
- 9:00 AM: Reiki Holistic Healing Treatment
- 10:30 AM: Float Therapy Session (3x per week; Days 16, 18, 20)
- 12:00 PM: Colonic Cleansing (Midpoint Detox Session)
- 1:30 PM: Journaling Session (Emotional Regulation Focus)
- 3:00 PM: Workshop: Emotional Regulation
- 4:30 PM: Guided Meditation Class
- 6:00 PM: Firepit Ceremony (Day 20)

Key Activities:

- Emotional Regulation Workshop
- Second colonic cleansing session
- Excursion: Rock Climbing (Day 19)

THE PLAN

WEEK 4: POST-DETOX AND INTEGRATION

(DAYS 22-28)

Focus: Gradual reintegration of foods, reflecting on the experience, and building daily wellness habits.

Daily Schedule (Sample):

- 7:30 AM: Sunrise Yoga + Guided Meditation
- 8:30 AM: Break-the-Fast Meal with Probiotic Implant
- 10:00 AM: Cooking & Nutrition Class (Post-Detox Foods)
- 11:30 AM: Float Therapy Session (3x per week; Days 23, 25, 27)
- 1:00 PM: Plant-Based Lunch
- 2:00 PM: Workshop: Quiet the Mind and the Soul Will Speak
- 4:00 PM: Unlimited Wellness Facility Access
- 5:30 PM: Evening Yoga (Restorative)
- 7:00 PM: Final Dinner + Reflection Circle (Day 27)

Key Activities:

- Gradual post-detox meal introduction
- Final wellness consultation and reflection (Day 26 or 27)
- Excursion: Canyoning Adventure (Day 25)

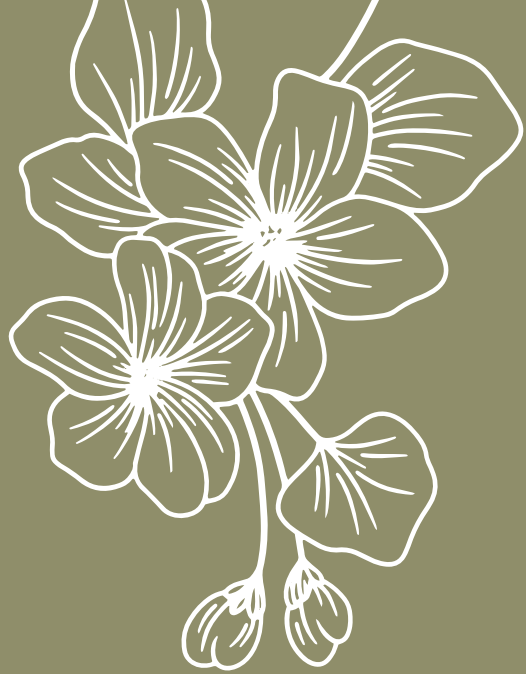


PRIVATE RESIDENTIAL PLANT BASED CHEF

Every meal, drink and snack taken care of.

With our resident chef carefully and lovingly planning and creating delicious meals for breakfast, lunch and dinner, you can completely switch off from the responsibilities of home life. Using organic produce and creating an impressive selection of vegetarian foods, our chef will leave your taste buds well and truly satisfied.





SAMPLE MENU

CANAPES

Selection of soups

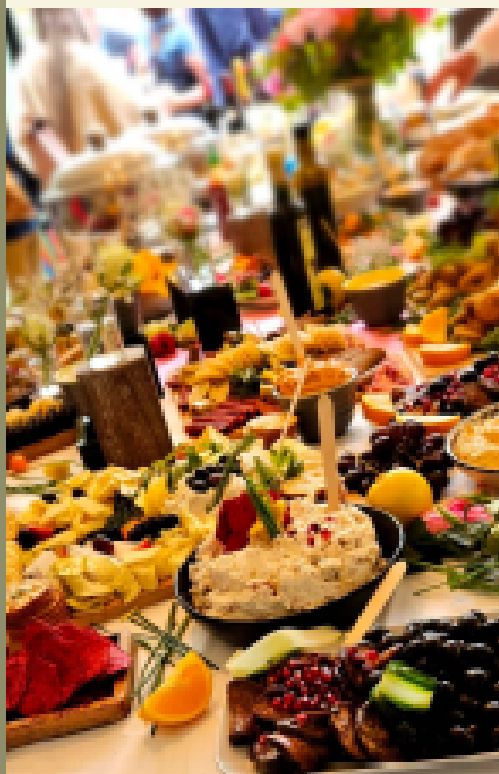
Wild Mushroom Pate with
Seed Crispbreads

Arancini on a Tomato &
Basil Sauce

Garlic & Cashew Cheese
Stuffed Mushrooms



11



MAINS

“Beef” & Ale Pie, served
with all the trimmings of a
roast

Moroccan Tagine served
with couscous, hummus
and flatbreads

Green Thai Curry with
Butter Beans & Jasmine
Rice Massaman Curry with
rice, naan breads, pickles
and poppadoms

AL FRESCO

Paella served with a
selection of salads, tortilla,
roasted peppers, aioli, and
breads.

BBQ serving : Burgers, Hot
Dogs, Kebabs served with
salads, dressings, roasted
sweetcorn.





REVIEWS

Please check out all of our reviews;

Trustpilot (60+ 5* Reviews)

<https://uk.trustpilot.com/review/tranquilwaters>

Google (50+ 5* Reviews)

<https://g.co/kgs/3Pzcvak>

*The food was out of this world
and I felt really spoilt.*

*Dan & Emma are a very kind
couple who are not pretentious
but very true to their calling and
they run this centre from the
heart. In short, I would definitely
come again*

*I honestly had the most
relaxing, reenergising retreat I
could have asked for.*

*The real usp of this place is the
lovely Dan and Emma who offer
kindness, compassion and an
eagerness to make the retreat
special and sacred for each person
that attends.*

*My experience was complete
by the most yummy amazing
plant based food I have ever
had, cooked and prepared by
their in house plant based chef.*

WHAT TO BRING?

RESIDENTIAL RETREAT

Essentials:

1. Clothing:

- Comfortable clothes for various activities (considering weather conditions)
- Pajamas or sleepwear
- Undergarments and socks
- Swimwear
- Jacket or sweater
- Raincoat or umbrella
- Robe

2. Personal Hygiene:

- Toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Skincare products
- Menstrual products (if applicable)
- Prescription medications

3. Footwear:

- Comfortable walking shoes
- Sandals or flip-flops

4. Miscellaneous:

- Books or reading materials (We have a fair few at the retreat)
- Camera or smartphone for capturing memories
- Chargers for electronic devices



RETREAT AGREEMENTS

The main rule is to be authentically you. Too often we wear a mask to 'fit in' the beauty in all of us is that we are all different. We do not wear masks here. If you need to cry, dance, hug, be emotional, go in the woods and scream, sit alone, go for a walk - then do it.

We are letting go of what no longer serves us and welcoming the true you.

In order for us to be present, we need to let go of the past and stop looking externally for happiness. To be happy within.

We are vibin' high on this retreat and we stand by 'The Four Agreements' to spiritual success:

Do not judge others
Be impeccable with your word
Do not make assumptions
Always try your best

We are your retreat leaders, please speak to us if you have any concerns, need support or guidance at any point. We are here for you.



HOUSE RULES

House Rules for Overnight Stays:

1. **Respect for All:** Honour the diversity and individuality of fellow retreat participants. Treat everyone with kindness, empathy, and compassion.
2. **Confidentiality:** Maintain confidentiality regarding personal sharing and experiences shared by others during the retreat. What is shared within the retreat stays within the retreat.
3. **Technology Detox:** Disconnect from electronic devices such as phones, tablets, and laptops during ideally for the entirety of the retreat. Free yourself from the ball and chain of technology for a couple of days and see how you feel.
4. **Quiet Hours** are from 8pm: If you are sleeping over. Respect designated quiet hours to ensure a peaceful atmosphere for relaxation, reflection, and rest. Refrain from loud conversations, music, or other disruptive activities during these times.



HOUSE RULES

5. **Personal Space and Boundaries:** Honour the personal space and boundaries of others. Seek consent before engaging in contact or entering someone else's personal space.

6. **Cleanliness and Environmental Awareness:** Maintain cleanliness in shared spaces and respect the natural environment surrounding the retreat venue. Dispose of waste properly and contribute to the preservation of the retreat location.

7. **Participation and Engagement:** Embrace the retreat activities with enthusiasm and openness. Participate actively in workshops, group discussions, and mindfulness practices to maximise your personal growth and transformation.

8. **Self-Reflection and Integration:** Allocate time for self-reflection and integration of the insights gained during the retreat. Journaling, meditation, and quiet walks in nature can aid in processing and integrating your experiences.

9. **Openness to Growth:** Approach the retreat with an open mind and heart, ready to embrace new perspectives, insights, and transformative experiences. Trust in the journey and allow yourself to grow and evolve throughout the retreat process.

10. **Detox:** We recommend detoxing from alcohol, refined sugar, nicotine, caffeine 14 days prior to the retreat.

HOW TO FIND US

Wherever you look, you see nature; a beautiful array of nature's colours encouraging you to be more mindful. A walk along the lane, shaded by the overarching trees, is quite cathartic. Birds singing, rustling leaves, fresh breeze; a break for the mind and a chance to just 'be'.

Address:

Tranquil Waters
Harrier Lodge
Upper Hexgreave
Newark
NG22 8LS

Taxi / chauffeur

You will be extremely relaxed after you retreat with us. Often driving is the last thing you may feel like doing. Why not get a train and arrange for us to pick you up?

Local Train Stations:

Newark Northgate Train Station - NG24 1FP / 25x Minutes

Mansfield Train Station - NG18 1BE / 20x Minutes

Grantham Train Station - NG31 6BT / 40x Minutes



THANK YOU

As we wrap up our itinerary, we want to thank each of you for being a part of this retreat.

Together, we'll explore, learn and connect in ways that will undoubtedly leave an impact.

Take the experiences gained here and let them fuel your journey forward. Carry the lessons learned and the connections forged as you return to your daily lives.

We appreciate everyone who is contributing to make this retreat possible, and we hope you leave feeling enriched and inspired.

Life is beautiful - let's celebrate the miracle of it. It's time for us to carve a new path and awaken to our truest potential.

With love and gratitude,
Dan and Emma



Contact Us

-  Tranquil Waters, Harrier Lodge, Upper
Hexgreave, Newark, Nottinghamshire, NG22 8LS
-  01623354425
-  www.tranquilwatersretreat.co.uk
-  info@tranquilwatersretreat.co.uk

