

GRIEF; A JOURNEY THROUGH LOSS AND LOVE

HOSTED BY TRANQUIL WATERS RETREAT



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 many years of chasing success in the fast-paced world of business, we found ourselves exhausted, disconnected, and unfulfilled—despite all the external ‘wins’. It was through our own process of loss, letting go, and realignment that we came back home to ourselves... and to this land. From that space of surrender, Tranquil Waters was born.

We created this retreat space as a sanctuary—a place where people can come as they are, without masks, without expectations, and find space to simply be. A place where the heart can soften, the nervous system can rest, and deep emotional healing can unfold.

Since opening our doors, we’ve had the honour of walking alongside many incredible souls on their personal journeys of transformation and remembrance. We are so fortunate to be joined by Clare, Jeffery, Louise, Lynn, and other gifted therapists—each bringing their own light to this sacred space.

Together, we create something truly special: a safe, non-judgmental container where grief is welcomed as part of the human experience. A space where pain is not something to fix—but something to witness, honour, and move through with compassion.

We are honoured to hold space for you on this deeply personal journey.

You are welcome here, exactly as you are.

With love,
The Tranquil Waters Team



Dan and Emma



Carl and
Carolina



Louise



Lynn
Chef

ABOUT THE RETREAT

A sacred space to honour those we've lost and find peace in what remains. Losing someone we love can shake the very foundation of our world. Whether the loss is recent or has been carried quietly for years, the ache of absence can linger—often without a place to fully land. This retreat is that place.

Our grief retreat is a gentle, nurturing space created to help you honour your loved one, express the emotions you may have felt unable to share, and begin to return to life with a little more softness, understanding, and peace.

Over these days together, you'll be held in the stillness of nature, supported by therapies designed to calm the nervous system and open the heart. Through float therapy, sound healing, breathwork, nourishing food, and compassionate connection, we'll begin to create a space where grief can move—where it can be witnessed, softened, and transformed.

This retreat is for those who have lost someone dear and are seeking a way to honour their memory while also gently taking steps toward healing. It's for anyone who longs to remember without being overwhelmed, to speak their name without breaking, to celebrate their life while continuing your own.

You may choose to come alone or with others who shared in the loss—close friends, family, or loved ones. Together, we will remember, reflect, and reconnect with the love that lives on beyond death. You'll be invited to share stories, light candles, and partake in quiet ceremonies of remembrance, allowing yourself the time and space to feel deeply without judgement.

There is no expectation here, only presence. No pressure to "move on," only the gentle encouragement to carry your grief in a new way—one that honours your loved one and supports your return to life with more peace, clarity, and self-compassion.

At Tranquil Waters, we hold this space with reverence, love, and understanding. You are not alone on this journey. We are here, and you are safe.



DAY 1

ARRIVAL AND OPENING THE HEART

Day One is about arriving, settling in, and opening the heart. Through breathwork, float therapy, and a compassionate group session, you'll begin to gently connect with your grief. The day closes with sound healing to soothe the nervous system and invite deep rest.

10:00am – Arrival & Welcome Tea

Guests are greeted, settled, and guided into the space with warmth and grounding intention.

11:00am – Opening Circle & Intention Setting

A gentle group gathering to introduce the retreat, meet one another, and open the space with shared intention.

12:00pm – Breathwork & Guided Meditation

Soothing the nervous system and connecting inward.

1:00pm – Lunch

A nourishing plant-based meal to support body and mind.

2:00pm – Float Therapy (75 minutes)

A deeply restorative experience to invite stillness and soften the emotional body.

3:30pm – Free Time / Nature Walk / Journaling

Time to integrate, reflect, or explore the surrounding beauty.

5:00pm – Grief Counselling Workshop

Held with compassion and care, this guided session explores the emotional landscape of grief through sharing, reflection, and safe expression.

6:30pm – Dinner

Warm, grounding, and lovingly prepared.

7:30pm – Sound Healing Journey

End the day with a soothing sound bath to bring rest, calm, and release.

DAY 2

EXPRESSION AND REMEMBRANCE

Expression, remembrance, and release. Through creative healing practices, your chosen holistic therapy, and a sacred fire ceremony, you'll honour your loved one in a meaningful way. The day invites deep reflection, connection, and gentle transformation.

8:00am – Breakfast

A gentle start with nourishing food.

9:00am – Morning Movement & Meditation

Yoga Nidra or gentle stretching to awaken the body with presence.

10:00am – Healing Workshop

This creative and somatic session may include memory altar creation, letter writing, intuitive art, or guided visualisation to connect with the loved one.

1:00pm – 1:1 Holistic Therapies (individual sessions)

Guests receive a personalised one-hour therapy of their choice—Reiki, massage, reflexology, float therapy, massage therapies

3:00pm – Free Time / Reflective Practice

Encouraged use of journaling, rest, or spending time by the water or in nature.

4:30pm – Sharing Circle

An open-hearted space to reflect and share the unfolding process.

6:00pm – Dinner

A communal meal to reconnect and ground.

7:30pm – Firepit Ceremony of Remembrance

A deeply moving ceremony to honour the lives of those we've lost. Stories, candles, offerings, and gentle release under the stars.

DAY 3

INTEGRATION AND RETURN TO LIFE

Day Three is about integration and closure. With gentle movement, shared reflection, and a heartfelt closing circle, you'll begin to carry your grief with more peace. This final day supports your return to life with love, clarity, and renewed strength.

8:00am – Breakfast

9:00am – Closing Circle & Integration Practice

A reflective circle to bring closure to the retreat, speak intentions, and honour the transformation.

10:00am – Goodbyes & Retreat Close

Guests prepare for departure with calm, gratitude, and a softened heart.

11:00am – Departures – You are also welcome to stay and use the facilities or have additional treatments.

PRICES

Tranquil Waters offers the unique opportunity to privately book our entire retreat space for an intimate, three-day grief retreat. Designed to support families or close groups of friends navigating the loss of a loved one, this retreat creates a safe and sacred container for remembrance, emotional release, and deep healing.

We hold this space with reverence, compassion, and care. Your group will be supported through holistic therapies, personalised workshops, and meaningful rituals—all within the calming embrace of nature.

What's Included:

- Exclusive use of our retreat centre for 3 days and 2 nights (up to 11 guests)
- Opening and closing circles to ground and integrate your journey
- One holistic therapy per guest (60 minutes): choose from Reiki, aromatherapy, deep tissue, Swedish, reflexology, or hot stone massage
- Daily healing practices: breathwork, sound healing, meditation, gentle movement
- Grief counselling workshop and guided healing workshop
- Sacred firepit ceremony to honour and celebrate the life of your loved one
- 6 plant-based, nourishing meals (breakfast, lunch, and dinner each day) and breakfast on final day
- Herbal teas, healthy snacks, and refreshments
- A heartfelt welcome gift for each guest
- Optional time for reflection, journaling, nature walks, or rest

Pricing:

Private Group Rate (up to 11 guests):

- £7995 total

Early Bird Rate:

- £7,200 (when booked 6+ weeks in advance)

Payment plans available on request. A deposit of £1,000 is required to secure your dates.

Who This Retreat Is For: This retreat is perfect for families or close-knit groups grieving a shared loss who wish to gather in remembrance, away from the distractions of everyday life. Whether the grief is recent or has been carried for years, this sacred time together can help soften the pain, bring peace, and foster meaningful connection.

Ready to Book? To check availability or ask questions, please email us at info@tranquilwatersretreat.co.uk

We are here to support you, every step of the way.

With love,

Dan, Emma & The Tranquil Waters Team

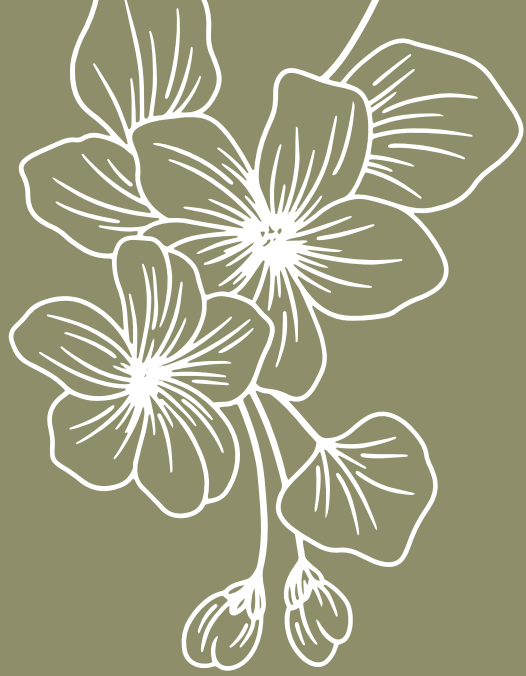


PRIVATE RESIDENTIAL PLANT BASED CHEF

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

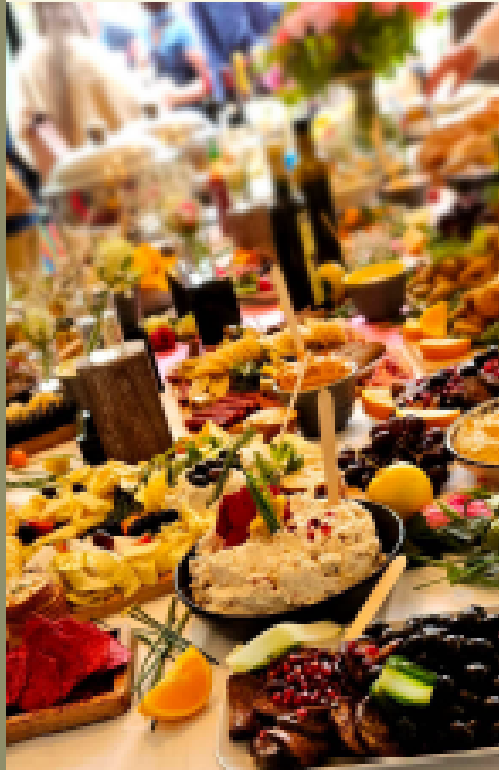
CANAPES

Selection of soups

Wild Mushroom Pate with
Seed Crispbreads

Arancini on a Tomato &
Basil Sauce

Garlic & Cashew Cheese
Stuffed Mushrooms



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 (60+ 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

This is a space where you are invited to be fully and honestly you.

Grief has no script. It moves through us in waves—sometimes loud, sometimes silent. Here, you don't need to hold it together. If you need to cry, sit alone, be held, take a walk in the woods, scream, dance, or simply breathe... please honour that.

This retreat is a time to let go of what no longer serves and to gently welcome your truth, whatever that may look like right now. There is no expectation here—only presence, compassion, and deep respect for your unique experience of loss.

As we walk this path together, we hold space for one another by living in alignment with

The Four Agreements:

- Do not judge others – Everyone grieves differently.
- Be impeccable with your word – Speak with kindness, especially to yourself.
- Do not make assumptions – We each carry stories unseen.
- Always try your best – And know that your best will change moment to moment.
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Above all, you are safe here. If at any time you feel overwhelmed, need guidance, or simply someone to listen, please speak to us. We are here for you—fully, compassionately, and without judgement.

With love,

Your Retreat Leaders
Dan & Emma



HOUSE GUIDELINES

A space held with care, compassion, and quiet reverence

1. **Respect for All:** Everyone's grief is unique. Please honour the pace, emotions, and individuality of others. Offer kindness, empathy, and gentle understanding.
2. **Confidentiality:** What is shared here stays here. Hold the stories and emotions of others with care and respect. This is a safe space for vulnerability and healing.
3. **Technology Detox:** We invite you to take a conscious break from phones, tablets, and laptops. This is a rare chance to be fully present with yourself, with nature, and with your healing.
4. **Quiet Hours – from 8pm:** This time is sacred. Please help create a peaceful environment by keeping noise to a minimum after 8pm. It supports rest, reflection, and emotional integration.
5. **Boundaries & Consent:** Grief can bring up unexpected emotions. Honour your own space and the space of others. Always seek consent before physical contact or deep conversations.
6. **Cleanliness & Care:** Treat our retreat home and the surrounding nature with love. Keep shared spaces clean and tidy, and be mindful of your environmental footprint.
7. **Gentle Participation:** All activities are optional, but we encourage you to engage with an open heart. This is your time—to express, to rest, to remember, or simply to be.
8. **Space for Reflection:** Allow yourself time alone when needed. Journaling, nature walks, or quiet sitting can help process the emotions that arise and support your healing journey.
9. **Openness to the Journey:** Let go of expectations. You may cry, laugh, feel numb, or peaceful—all is welcome. Trust that what needs to unfold, will.
10. **Pre-Retreat Preparation:** If possible, we gently suggest reducing or eliminating caffeine, alcohol, nicotine, and refined sugar in the two weeks leading up to the retreat, to support emotional clarity and nervous system regulation.



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

Thank You

From the bottom of our hearts, thank you for joining us on this sacred journey.


It has been an honour to walk beside you, to witness your courage, and to hold space for your grief, your love, and your healing. We know how tender this path can be, and we're deeply grateful you chose to trust us with your heart.


May the memory of your loved one continue to guide you, and may you carry their light within you as you step forward—with softness, strength, and peace.

With all our love,
Dan, Emma & The Tranquil Waters Team



Contact Us

 Tranquil Waters, Harrier Lodge, Upper
Hexgreave, Newark, Nottinghamshire, NG22 8LS

 01623354425

 www.tranquilwatersretreat.co.uk

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