

# SPIRITUAL AWAKENING RETREAT



[WWW.TRANQUILWATERSRETREAT.CO.UK](http://WWW.TRANQUILWATERSRETREAT.CO.UK)

# HEY!

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.

Our healing journey came just after COVID hit, when we we knew we had to assist others in their healing and wellbeing journey. Drawing on our entrepreneurial background, we've managed to find this beautiful fusion of business savvy and holistic wellbeing practices.

Our journey has hammered home the importance of balancing success with wellbeing and staying true to oneself. Now, through coaching and speaking engagements, we're helping others navigate towards a fulfilling life, centred on self-awareness and growth.

Strangely we just followed the bread crumbs that were being left out for us...and here we are. Our journey of awakening!



# THE EXPERIENCE

Welcome to a journey unlike any other, where the very essence of your being is poised to awaken to its fullest potential! You've stumbled upon us for a reason—to embark on a transformative leap that will forever be a changing point in your spiritual journey.

A shift is emerging that reverberates through the fabric of consciousness, beckoning us to transcend the mundane and embrace the extraordinary. It's a call to arms, urging us to break free from the shackles of societal expectations and embrace our inherent purpose—to simply exist, to 'be', in all its glorious authenticity.

Imagine awakening to the profound realisation that each of us holds the power of creation within, that we are divine souls navigating the human experience. It's a revelation that ignites a fire within, illuminating a path of boundless possibilities and unfathomable potential.



## DID YOU KNOW?



Awakening isn't a solitary journey. It's a collective uprising, a symphony of souls reconnecting to the divine spark within. As we awaken, we unlock the secrets of the universe, tapping into a cosmic web that binds us all together. We are not separate entities but interconnected beings, woven into the very fabric of existence.

Yet, this journey isn't without its challenges. Fear, societal norms, judgement, and anger may attempt to dim our light, but we refuse to be subdued. It's time to cast aside the shadows of doubt and embrace the radiant truth of our being.

And so, we are looking forward to you joining us on this exhilarating retreat—a sanctuary where your mind finds peace, your spirit soars, and your soul dances with joy. Together, we'll elevate our vibrations, ignite our passions, and unveil the magnificent tapestry of our true selves.

Get ready to embark on a thrilling adventure of self-discovery, where every moment pulses with the excitement of awakening to your fullest potential. The time is now. Are you ready to awaken?



HAPPINESS

*“Spreading love & raising the vibe one retreat at a time”*

## THE PLAN

### 2 NIGHT / 3 DAY RETREAT

#### DAY ONE

Retreat starts at : 10am  
(Welcome smoothies and snacks)

10.30am - Workshop, heal to awaken.

11.30am - Breathwork & Third eye activation

12.30pm - 1.30pm Ice bath & Saunas, Free time, hot tub

1.30pm-2.30pm - Lunch

6.30pm - Kundalini Yoga

#### DAY TWO

9am - Breakfast

10.30-12pm - Spirit track meditation & Gong Bath

12.30-1pm - Lunch

1pm-4pm - Akashic readings & Float Therapy

5.30pm - Evening Meal

6pm - 8pm Cacao & Full Moon Ceremony

#### DAY THREE

9am - Breakfast

10am Closing Circle & Departure

11am-4pm Welcome to stay and use the facilities or add extra treatments

## THE PLAN

### 4 NIGHT / 5 DAY RETREAT

#### DAY ONE

Retreat starts at : 10am  
(Welcome smoothies and snacks)

10.30am - DMT Breathwork & Third eye activation

11.30am - 12.30pm Workshop;  
Heal to awaken.

12.30pm-1.30pm - Lunch

5pm - Evening Meal

6.30pm - Kundalini Yoga and relaxing meditation

#### DAY TWO

8.30am - Breakfast

10am-5pm Akashic Readings, Float therapy, light therapy and additional treatments.

12.30 - Lunch

5.00pm - Evening Meal

6.30pm - 8.30pm Innerdance



# THE PLAN

## 4 NIGHT RETREAT

### DAY THREE

8am - Breakfast

9.30am - 10.30am - Shakti Mat Relaxation

11.30am - Local walk & Picnic

6pm - Evening Meal

7pm-8.30pm - Past life regression hypnotherapy, sound bath and angelic healing.

### DAY FOUR

8.30am - Breakfast

10am - 11am - Meditate and Elevate Workshop.

11am- Mantra and Mudra. Raising your frequency and vibe.

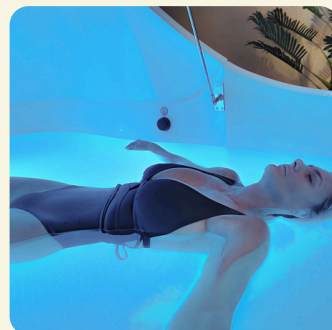
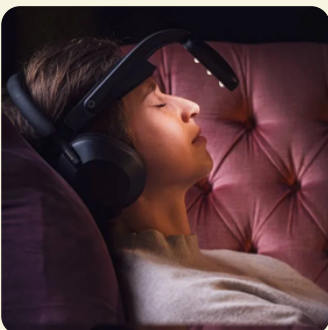
11.30am - Barefoot Walking

12.30 - 1.30pm Lunch

2pm - Mantra elevation

5.30pm - Evening Meal - Alfresco or BBQ (Weather dependant)

6.30pm - Firepit and Cacao ceremony.



# THE PLAN

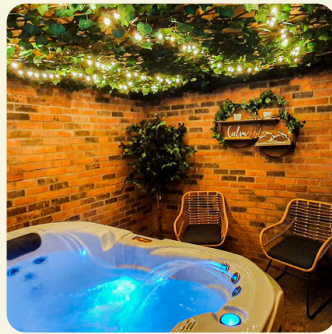
## 4 NIGHT RETREAT

### DAY THREE

9am - Breakfast

10 am - Room checkout and Retreat close

11am-4pm - Welcome to stay and use facilities



ITINERARY IS SUBJECT TO CHANGE - WE TEND TO GO WITH THE FLOW OF THE GUESTS. YOU ARE WELCOME TO TAKE PART IN AS MUCH OR AS LITTLE AS YOU WISH. LIFE IS FULL OF PRESSURE. NOT HERE!



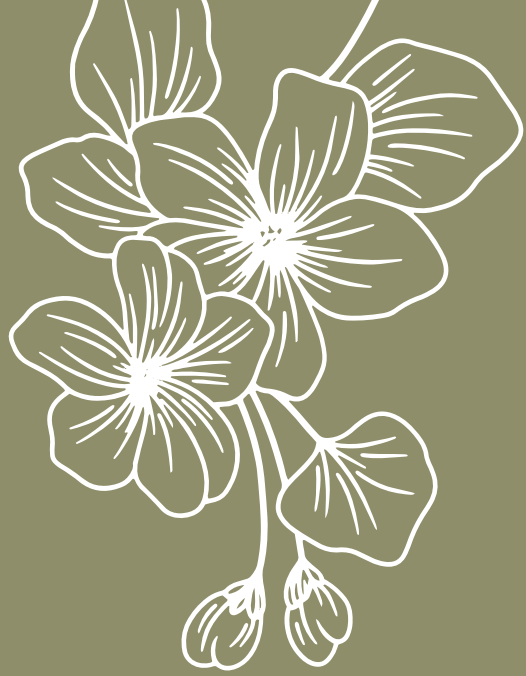


# PRIVATE RESIDENTIAL PLANT BASED CHEF

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 (40+ 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?

## 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:

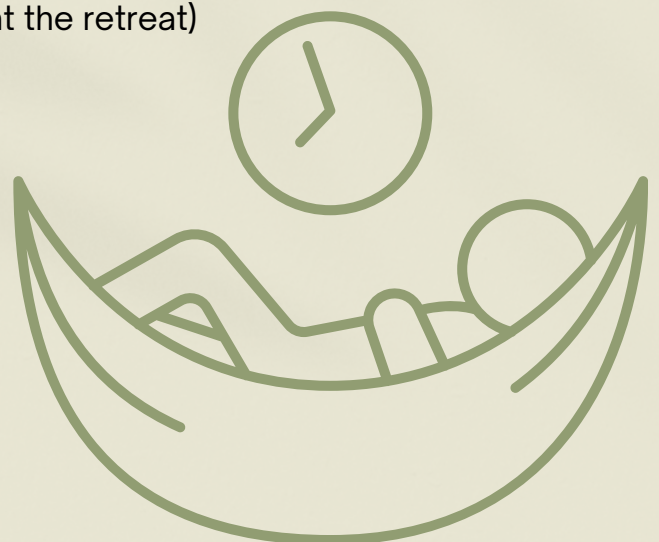
- Toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Skincare products
- Menstrual products (if applicable)
- Prescription medications

### 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.

With love and gratitude,  
Dan and Emma



# Contact Us

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