

# SPIRITUAL AWAKENING DAY 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. Losing control - as our destiny is already laid out for us all. Our journey of awakening!



# THE EXPERIENCE

Welcome to a journey unlike any other, where the very essence of your being is ready to awaken to its fullest potential! You've found us for a reason—to embark on a transformative leap that will mark a turning point in your life.

Healing involves peeling back the layers of trauma to release emotional attachments to past experiences that no longer serve you.

Your mind and body cannot heal if they remain under constant stress. While distractions may momentarily help you forget the inner turmoil you might face daily, true peace requires deeper work.

By changing your perception, reprogramming your subconscious mind, reducing inflammation in the body, and introducing you to holistic healing practices that have stood the test of time, your body, mind, and spirit will begin to heal.

Join us for this life-changing day retreat, designed to help you discover your true self and begin a journey of healing and self-discovery. Let us guide you in pressing the reset button.

As the saying goes, insanity is doing the same thing and expecting a different result. It's time to wake up. It's time to change.



# THE PLAN

## DAY ONE

FROM 9.45AM - ARRIVAL,

10AM - MEET AND GREET (OPEN CIRCLE)

10.30AM - DMT BREATHWORK AND AFFIRMATION

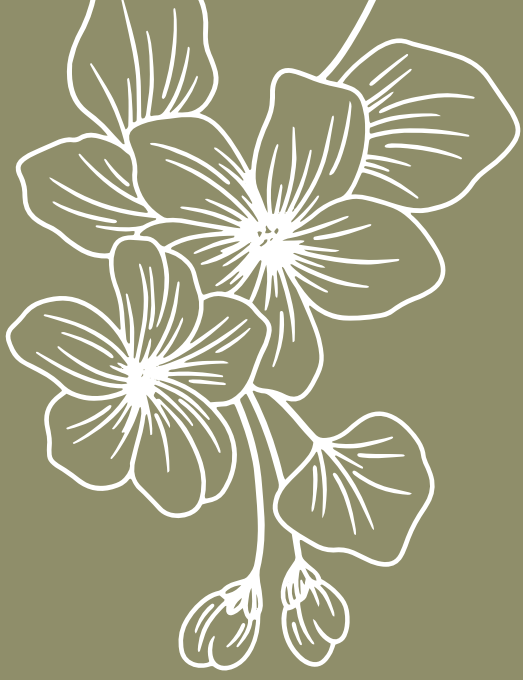
11.30AM - WORKSHOPS ON SPIRITUAL AWAKENING AND RAISING YOUR VIBRATION AND MANIFESTATION (INCLUDING JOURNALING, MANTRAS, PRACTICING GRATITUDE & BAREFOOT WALKING)

12.30PM - 1.30PM LUNCH

1.30PM-3PM - MOVEMENT - AWAKEN YOUR ENERGY BODY THROUGH MOVEMENT THROUGH KUNDALINI YOGA, SOMATIC MOVEMENT, OR TAI CHI. THESE PRACTICES HELP AWAKEN YOUR INNER ENERGY, RELEASE STORED TENSION, AND CULTIVATE A DEEP CONNECTION TO MIND, BODY, AND SPIRIT.

3PM - 4.30PM SPIRIT TRECK, MANIFEST YOUR PERFECT LIFE THROUGH GUIDED MEDITATION & GONG BATH

4.30PM-5.30PM FIREPIT CEREMONY AND CACAO



# THE RETREAT



# LUXURY RETREAT ACCOMMODATION

Tranquil Waters is an ECO retreat based on a private 500-acre estate, embraced by nature's beauty. Explore the woodlands, with beautiful nature walks alongside the deer park. A perfect place to escape the hustle and bustle of everyday life. With en-suite bedrooms, open plan living, private roof terrace and our hot-tub hideaway, relaxation and memory-making bliss awaits you.



# 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.



# WHAT TO BRING?

Essentials:

1. Clothing:

- Comfortable clothes for various activities
- Towel
- Swimwear
- Jacket or sweater
- Robe

& Anything else to make you comfortable.





# SERVICES WE CAN OFFER

Other services we can help you with;

- Overnight Stay (From £125 per room) or entire accommodation from £400 per night
- Holistic therapies including:
  - Swedish deep tissue massage
  - Float Therapy
  - Aromatherapy
  - Reflexology
  - Reiki
  - Bamboo massage
  - Swedish massage
  - Thai yoga massage
  - Hot stone massage
  - Breathwork
  - Guided meditation
  - Sound Therapy / Gong / Crystal Bowls
  - Cold therapy
- Movement and Fitness
  - Kundalini Yoga
  - Hatha Yoga
  - Personal Training
  - Boot Camp
- Spiritual Services
  - Oracle card readings
  - Medium / Psychic readings
  - Spirit trek hypnotherapy
  - Past life regression
  - Chakra Balancing
  - Akashic Readings

& Much much more...



# ADDONS

Other services we can help you with;

- Overnight Stay (From £125 per room) or entire accommodation from £400 per night
- Holistic therapies including:
  - Swedish deep tissue massage
  - Float Therapy
  - Aromatherapy
  - Reflexology
  - Reiki
  - Bamboo massage
  - Swedish massage
  - Thai yoga massage
  - Hot stone massage
  - Breathwork
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# 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



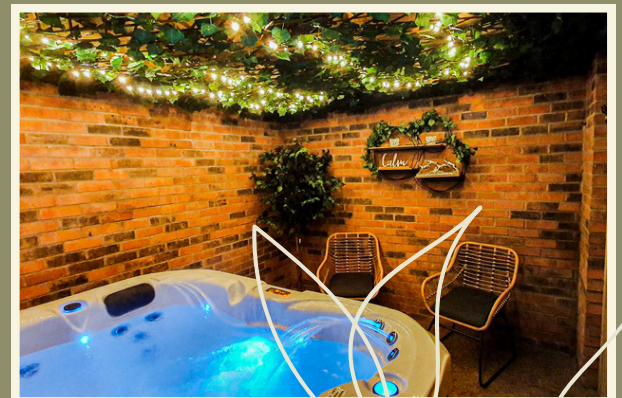
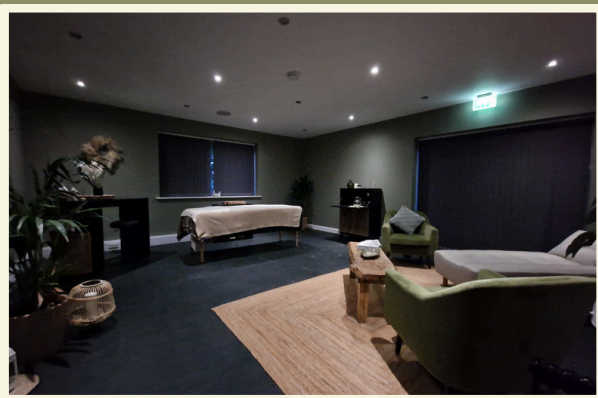
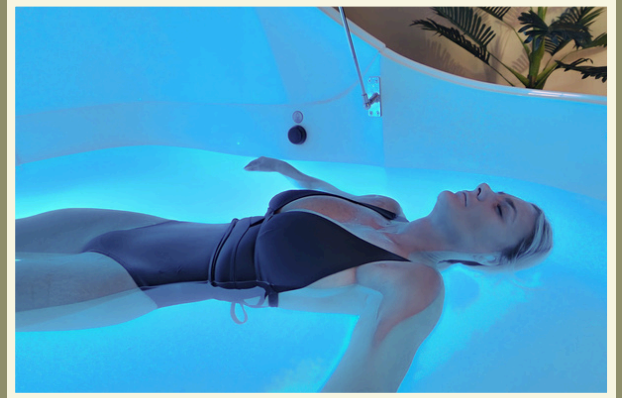
# EXTRAS

Extend your retreat experience by spending the night with us. Instead of rushing off or feeling the need to head home early, consider bunking down in one of our comfy suites.

For solo travelers, a single room overnight is £125. If you're up for some company, our shared triple room is £75 per person. It's a chance to unwind, reflect, and maybe even enjoy some late-night chats with fellow retreat-goers.

So why not treat yourself to a little extra downtime? After all, what better way to wrap up (or kick off) your retreat than in one of our stunning suites.

If you would like to stay at the retreat you may also wish to add on additional therapies such as massage therapy, float therapy and more.



# 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

-  Tranquil Waters, Harrier Lodge, Upper  
Hexgreave, Newark, Nottinghamshire, NG22 8LS
-  01623354425
-  [www.tranquilwatersretreat.co.uk](http://www.tranquilwatersretreat.co.uk)
-  [info@tranquilwatersretreat.co.uk](mailto:info@tranquilwatersretreat.co.uk)

