

# WINTER SOLSTICE DAY AND OVERNIGHT RETREAT

HOSTED BY TRANQUIL WATERS AND THE  
CIRCLE OF LIGHT HEALERS



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



**Tranquil  
Waters**



**krystosophia  
circleoflight**



**Immortelleyoga**



**Funky Plant Based  
Foods**

# WINTER SOLSTICE

Winter is a time of rest, hibernation and grounding.

Winter solstice arrives in the Northern Hemisphere on the 21st Dec. This day marks the shortest daylight and longest night of the year—a time representing death and rebirth.

Understanding the Winter Solstice Cycle -

From The last winter solstice we witnessed the sun being birthed, nurtured and grew into its full bloom on the Summer Solstice. It then faded through Autumn, and finally died on the darkest night the winter solstice to rise anew with the sunrise, embracing the light's return.

In ancient times, communities came together to honour and celebrate these special days. They felt the sacred energetic rhythm connected to all living things. They built Temples, stone circles, and sacred sites which were aligned to embrace the transformative energy of the Winter and Summer Solstice. Our ancestors understood the powerful journey of Death & Rebirth cycle, embracing it as a vital part of Mother Earth and our life's flow.

What does this mean for you?

We are beautifully intertwined with the natural energies surrounding us: the elements, the sun, the moon, the stars, and Mother Earth. There exists a harmonious rhythm, a song of life resonating through these energies and within each of us. Throughout our lives, many have felt a disconnection from this sacred rhythm. Yet, as we embrace the shifts toward balance as earth ascends in vibration, we rediscover our innate ability to align with these vibrant cycles and uplifting vibrations.

The Winter Solstice presents a wonderful chance to connect with the sacred rhythms of nature and ourselves, allowing us to release what no longer serve us, during the longest night of the year. As we then welcome the return of the sun: We step into a new and vibrant chapter of our lives. This season offers profound strength and encouragement on our journey toward self-healing and empowerment, reminding us that growth often comes from embracing change and renewal.

## 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?



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

## THE PLAN

### DAY RETREAT

This transformative retreat invites you to explore the elements of Earth, Water, Air, Fire, and Ether.

The itinerary created for you, connected to the elements and the sacred space of love that is created will give you the opportunity to gently release unwanted energies, blocks, and limiting beliefs that no longer serve you. Embrace this opportunity to transcend past pains and traumas, allowing yourself to experience a beautiful rebirth into a more balanced and empowered version of yourself.

10am Welcome -

Reconnect to the energies of the Winter Solstice, and join together with other like minded people during an uplifting sacred circle to start the day.

11am -12.30pm

Kundalini Yoga & Mantra

Elevate your vibration with Kundalini Yoga and Mantras.

12.30pm - Grounding Water Dip & Barefoot Walking

1pm - 2pm - A wholesome winter warmer created by our Vegan Chef

2pm - 3pm Connecting to the breath, for a euphoric DMT Breathwork Session

3.30- 4.30pm - Sound bath with Quantum Angelic Reiki

Try this profound blend of the gongs (432 hz the frequency of the universe) to assist with opening the heart chakra. Blended with the grounding tones of the shamanic drums mother earths heart beat to travel deep within inner and spiritual dimensions. These tones assist with a heart and lower chakra release, cleanse and activation assisted with quantum angelic reiki with sacred alchemy to further assist you with cleansing, reconnecting to your soul and feeling relaxed and rejuvenated.

5pm -6.30pm

Finish off with a Cacao Ceremony around the Fire to celebrate the return of the light and the rebirth of the fire within us to flow into our next cycle of growth and abundance.

## THE PLAN

### 3 NIGHT RETREAT / 4 DAY RETREAT

#### DAY ONE

19TH DEC

From 3pm - Room check in and open circle  
5pm - Evening Meal

#### DAY TWO

20TH DEC

9am - Breakfast

10am - Qi Gong

11.30am - Past Life Regression Hypnotherapy

1.30pm - Lunch

1pm - Float Slot(1) and Additional Treatment (Massage etc)

2.15pm - Float Slot and(2) Additional Treatment (Massage etc)

3.30pm - Float Slot(3) and Additional Treatment (Massage etc)

4.45pm - Float Slot(4) and Additional Treatment (Massage etc)

6.30pm - Evening Meal

#### DAY THREE

21ST DEC

8.30am - Breakfast

As described on day retreat

## THE PLAN

### 3 NIGHT / 4 DAY RETREAT

#### DAY FOUR

9am - Breakfast

10.30am - Float Slot(5) and Additional Treatment (Massage etc)

11.45am - Float Slot(6) and Additional Treatment (Massage etc)

11am (Room checkout)

1pm - Lunch and closing celebration



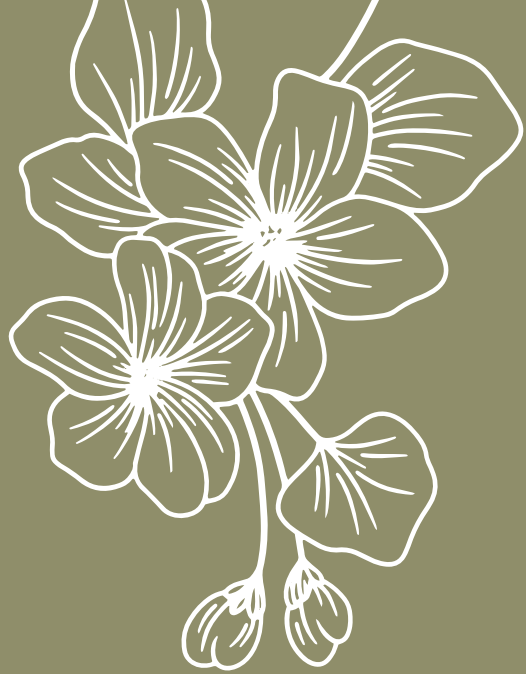
# PRIVATE RESIDENTIAL PLANT BASED CHEF

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?

## DAY GUESTS

### Essentials:

#### 1. Clothing:

- Comfortable clothes for various activities (considering weather conditions),
- Hand towel (Grounding)
- Jacket or sweater
- Raincoat or umbrella
- Suitable outdoor shoes for the bonfire



# 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

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