

CALM WITHIN THE STORM

A RETREAT TO JUST 'BE'



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!



DID YOU KNOW?



Join us on a journey of self-discovery where we embrace the present moment, quieten our minds, and cultivate gratitude for the now. Let go of past experiences that may shape your current outlook and instead find happiness within yourself.

At our retreat, we emphasise the importance of being present and content with where you are, rather than seeking joy in the future or through others. We believe in the power of community and connection, recognising that we are meant to live in tribes, sharing stories, emotions, and supporting one another.

Awakening isn't just about personal growth; it's about coming together as a collective movement—a reunion of souls rooted in our innate desire for connection and support. In a world often dominated by competition, our retreat serves as a reminder of our intrinsic need for community.

Join us in this haven where minds find peace, spirits soar, and hearts rejoice. Together, we'll uplift each other, ignite our passions, and uncover the beautiful mosaic of our true selves.

Prepare for a journey where every moment is filled with the excitement of realising your fullest potential. The time to embrace your awakening is now. Are you ready?



THE PLAN

2 NIGHT / 3 DAY RETREAT

DAY ONE

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

10.00am - Welcome snacks and drinks

11am-12pm - Breathwork

1pm - 2pm- Lunch

5pm-6pm - Gong bath

7pm - Evening Meal

DAY TWO

8.00am - Rise and shine Yoga

9.30am - Breakfast

11.00am-17.00 - Float therapies and massage therapies

1pm - Lunch

7pm - Evening Meal



THE PLAN

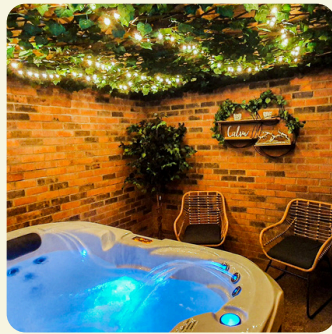
4 NIGHT RETREAT

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!

FREE TIME

Sink into the warmth of our bubbling hot tub, letting tension dissolve with each soothing bubble. Feel the gentle heat of the infrared sauna seeping into your muscles, releasing knots of stress and leaving you refreshed.

Find your sanctuary amidst the sprawling beauty of our estate, where deer roam freely and fields stretch as far as the eye can see. Wander through the whispering woods, let the rustling leaves and bird songs lull you into a state of blissful calm. Take a moment to sit by the firepit, its flames dancing in the twilight, casting a comforting glow as you reflect on the day's experiences.

Seek solace in solitude or connect with fellow retreaters as you relax on our sun loungers, basking in the warmth of the sun. Allow yourself to be enveloped by the serenity of our surroundings, a haven away from the demands of daily life.

For those craving adventure, venture beyond our retreat and explore the wonders of the surrounding area. Lose yourself in the ancient majesty of Sherwood Pines or lose track of time amidst the timeless beauty of Clumber Park. Dive into history at Rufford Abbey or soak up the charm of the historical town of Southwell.

And if you're yearning for deeper healing, consider adding on additional therapies to your retreat experience. From soul-soothing massages to revitalizing yoga sessions, our expert practitioners are here to guide you on your journey to wellness.

At our health retreat, your free time is more than just a break – it's an opportunity to reconnect with yourself, to recharge your spirit, and to embrace the peace that comes from within.



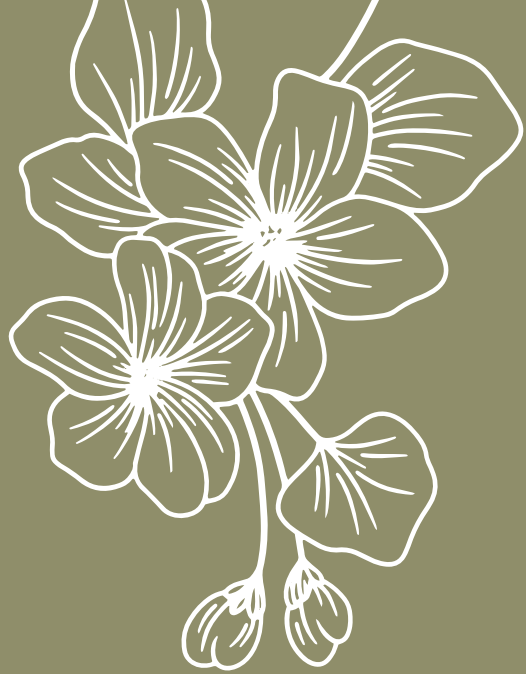


PRIVATE RESIDENTIAL PLANT BASED CHEF

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.*

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 9pm: 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.

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:

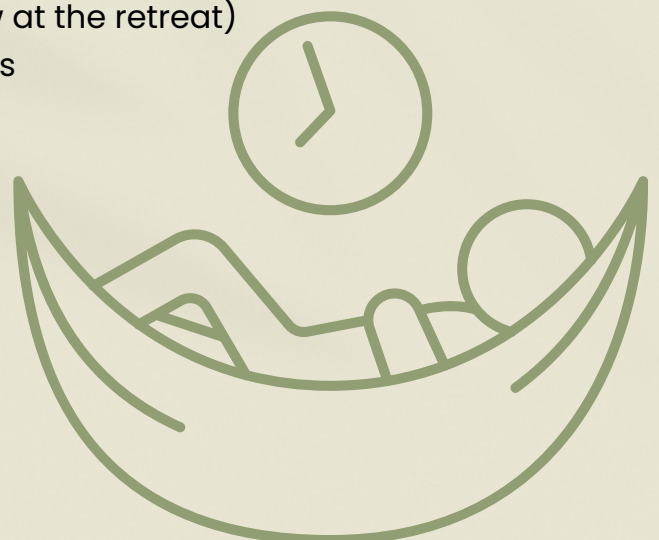
- Toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Skincare products
- Menstrual products (if applicable)
- Prescription medications

3. Footwear:

- Comfortable walking shoes
- Sandals or flip-flops

4. Miscellaneous:

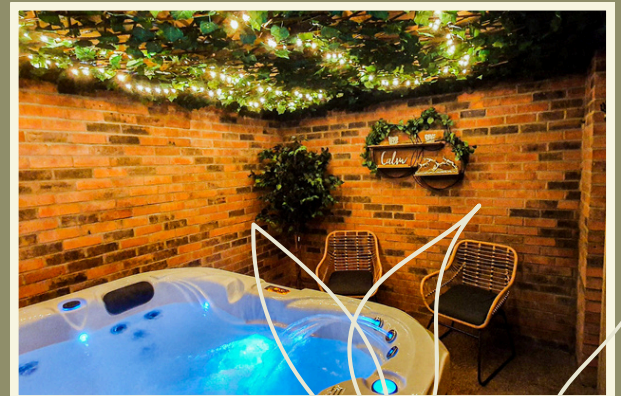
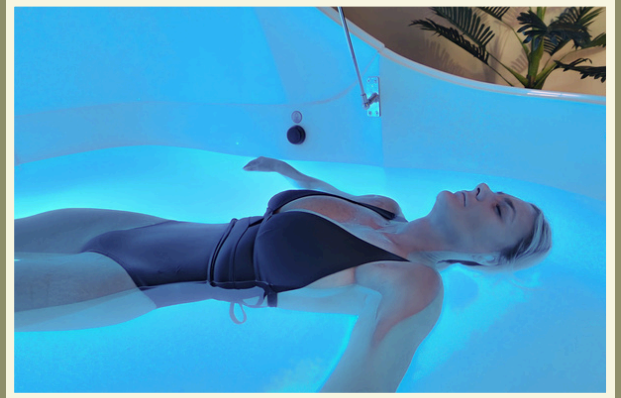
- Books or reading materials (We have a fair few at the retreat)
- Camera or smartphone for capturing memories
- Chargers for electronic devices



EXTRAS

Extend your retreat experience by spending the an extra night with us before or after your retreat.

You may also wish to add on additional therapies such as massage therapy, float therapy, reflexology, medium readings, 1:1 holistic sessions ie breathwork, meditation specific to you and so much more. Get in touch so we can make your retreat that little bit more bespoke!



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

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

