

HEALING FROM WITHIN RETREAT



GREETINGS!

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 life.

There's a noticeable shift happening, challenging our constant pursuit of doing more and being better. It's a call to break free from societal pressures and embrace our true selves—to simply exist, authentically.

Picture realising that each of us has the power to create our own path, navigating life as both human and divine. This revelation sparks a fire within, lighting up endless possibilities and untapped potential.



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?



HAPPINESS

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.

THE PLAN

DAY ONE

FROM 9.45AM - ARRIVAL,

10AM - MEET AND GREET (OPEN CIRCLE)

10.30AM - DMT BREATHWORK AND AFFIRMATION

11.30AM - WORKSHOPS ON BEING PRESENT, STEPPING AWAY FROM THE EGO, REDUCING STRESS AND QUIETENING THE CONSCIOUS MIND.

12.30PM - 1PM ICE BATH

1PM-1.45PM - LUNCH

2PM - GUIDED MEDITATION - ARRIVE AT YOUR PERFECT REALITY
& GONG BATH

3PM-3.30PM - RELAX

3.30-4.30PM - INNER CHILD MEDITATION / HYPNOTHERAPY

4.30-6PM FIREPIT CEREMONY, CACAO AND JOURNALING

6PM - EVENING MEAL AND REST

THE PLAN

DAY TWO

9.30AM - BREAKFAST

10.30 - ICE BATH & SAUNA

11.30-12.30 - WORKSHOP

12.30-1PM - LUNCH

1PM-5PM - AFFIRMATION FLOAT THERAPY AND ADDITIONAL
TREATMENTS

6PM - EVENING MEAL AND REST

DAY THREE

8AM - CHI GONG

9AM - BREAKFAST

10.00-11.00AM - CLOSING CIRCLE

11.00 AM ROOM CHECKOUT

11.00AM ONWARD - YOU ARE WELCOME TO USE THE
FACILITIES OR ADD ANY ADDITIONAL THERAPIES

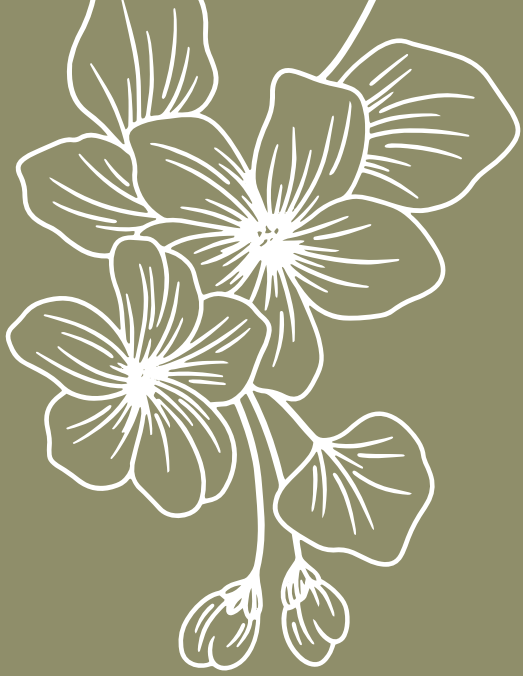


PRIVATE RESIDENTIAL PLANT BASED CHEF

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

Please note - if there is less than 3 participants on retreat we will source your meals from local restaurants.

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.



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:

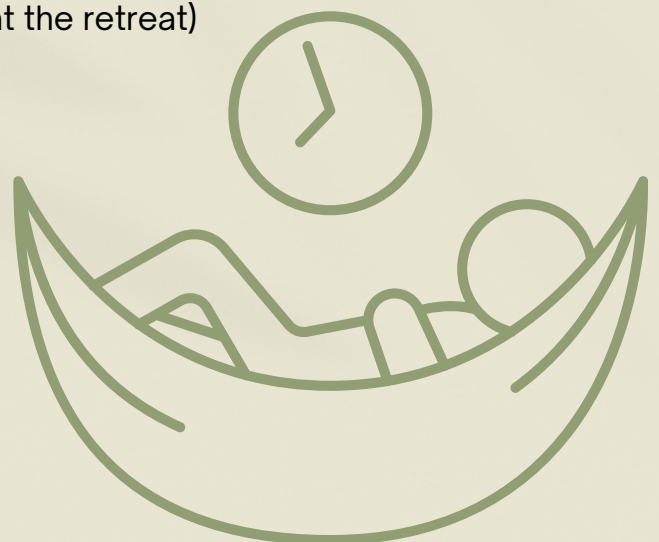
- Toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Skincare products
- Menstrual products (if applicable)
- Prescription medications

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



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:

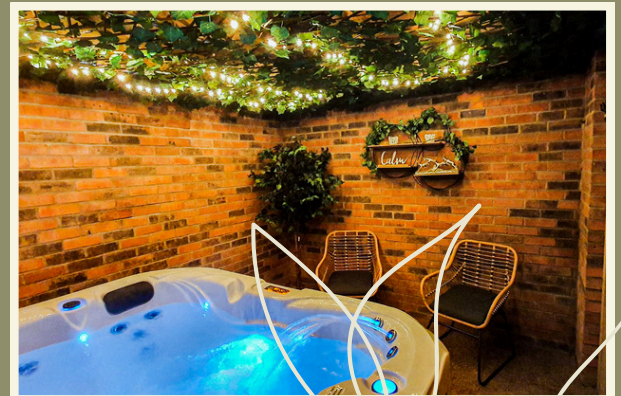
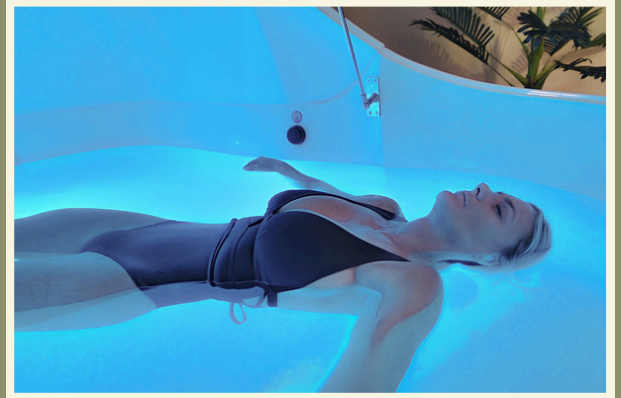
Newark Northgate Train Station - NG24 1FP / 25x Minutes
Mansfield Train Station - NG18 1BE / 20x Minutes
Grantham Train Station - NG31 6BT / 40x Minutes



EXTRAS

Extend your retreat experience by spending the 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!



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



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