

ALL YOU NEED IS LOVE WITH LOUISE AND ALI



WWW.TRANQUILWATERSRETREAT.CO.UK

HEY!

We are Dan and Emma, husband and wife team and founders of Tranquil Waters Health and Wellness Retreat. We've been working with Louise since we first opened...she's been a wonderful part of our retreat and we know you'll be in loving and safe hands.

"We are Louise and Ali, a couple with a Love story that inspires our teachings.

We met in Sri Lanka and in spite of so many differences; cultural, linguistic, and so much distance, our mutual belief in the Divine drew us together in a miraculous way.

Louise, from Nottingham, is a teacher of Kundalini Yoga, a holistic, spiritual path that embraces all the tools of yoga, including kriya, meditation, pranayama, mantra & relaxation.

Ali is from Pakistan, a Research and Development Manager by day, whose remarkable creativity is underpinned by his unwavering faith as a Sufi meditator and seeker.

Together we aim to inspire and uplift everyone we meet through Love, spirituality & emotional awareness, softly opening the door towards the Divine. Our stories, meditations and spiritual teachings are shared from a place of personal experience and healing. "



HEALING JOURNEY

Awaken the Heart: A Journey into Healing & Divine Love

Do you feel weighed down by stress, anxiety, or a lingering sense of emptiness? Do addictive cravings or restless nights pull you further from your true self? This retreat is a sacred space to heal, release, and reconnect—to rediscover the love that has always been within you.

Through **deep heart work, Kundalini practices, and spiritual insight**, we'll explore the difference between unconditional love and emotional attachment, unlocking the healing power of the heart and thymus gland. We'll unravel the root causes of stress and depression—closed hearts, toxic chemistry, disconnection from the Divine—and open the door to **higher love, self-compassion, and profound transformation.**

This retreat is for those ready to release what no longer serves them and step into wholeness. It's time to reclaim your light, strengthen your body and mind, and connect with the infinite source of love that has always been waiting for you.



DID YOU KNOW?

🌿 Healing Begins Within

Did you know that true healing isn't just physical? Emotional wounds, past traumas, and energetic imbalances can manifest as stress, anxiety, or even physical illness. Spiritual healing works at the deepest level, addressing the root causes of suffering rather than just the symptoms.

❤️ Your Heart Holds the Key

The heart is more than just an organ—it's an energy center, a gateway to unconditional love and inner peace. When the heart is closed, we feel disconnected, anxious, and lost. But when we open it, we tap into a limitless source of healing, joy, and divine connection.

🌀 Your Energy Shapes Your Reality

Every thought, emotion, and belief carries energy. Over time, negative experiences can create blockages in the body, leading to imbalance. Practices like meditation, breathwork, energy healing, and Kundalini yoga help to clear these blockages, restoring the natural flow of vitality and peace.

🌍 Connection is Everything

Feeling lost or empty? It may be a sign of disconnection—from yourself, others, or the divine. Spiritual healing helps reignite this connection, awakening a sense of purpose, clarity, and love that flows into every part of your life.

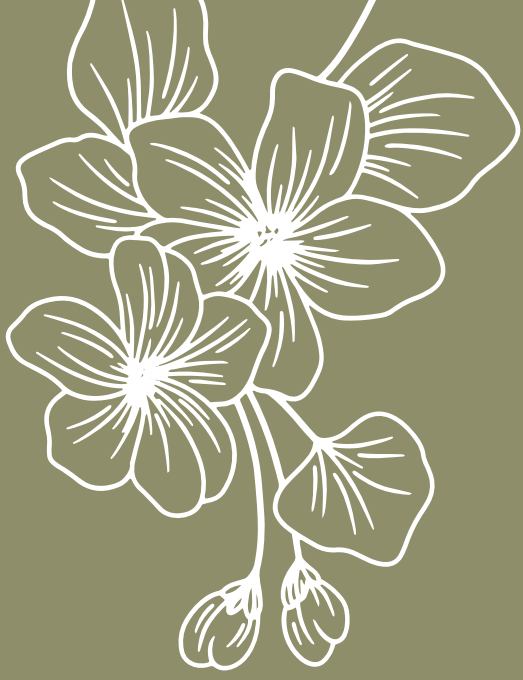
🌟 Love is the Most Powerful Healer

Did you know that self-love and compassion can strengthen your immune system and promote healing? Science now confirms what spiritual traditions have always known—love and gratitude create powerful biochemical shifts, transforming both mind and body.

Are you ready to step into your healing journey? 🌟



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



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.



THE PLAN

2 NIGHT / 3 DAY RETREAT

DAY ONE

Retreat starts at : 10am
(Welcome drinks and settle in)

10.30am - Kundalini Yoga

11.30am - Sufi Meditation

12.30pm - 1.30pm Lunch and break

1.30pm-2.30pm -
Contemplation and spiritual discussion

2.30pm-4pm - Guided healing relaxation

4.30-5.30pm - Firepit and letting go ceremony

5.30 Retreat close for day guests.

6pm - Evening Meal

DAY TWO

9am - Breakfast

10am - Gong Bath

12.30-1pm - Lunch

11am-4pm - Float Therapy & additional therapies/free time

5.00pm - Evening Meal

7pm - Gong Bath

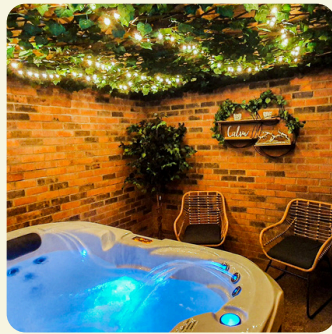
THE PLAN

2 NIGHT / 3 DAY

DAY THREE

9am - Breakfast

10 am - Room checkout and Retreat close



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YOU ARE WELCOME TO TAKE PART IN AS MUCH OR AS LITTLE AS YOU WISH. LIFE IS FULL
OF PRESSURE. NOT HERE!

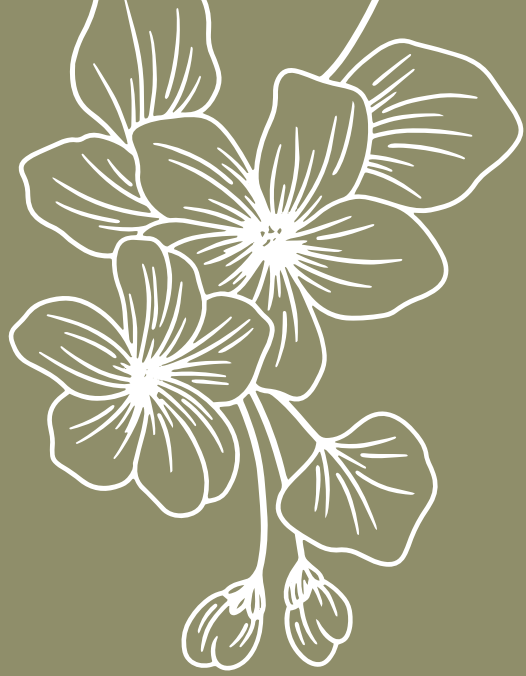


PRIVATE RESIDENTIAL PLANT BASED CHEF

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:

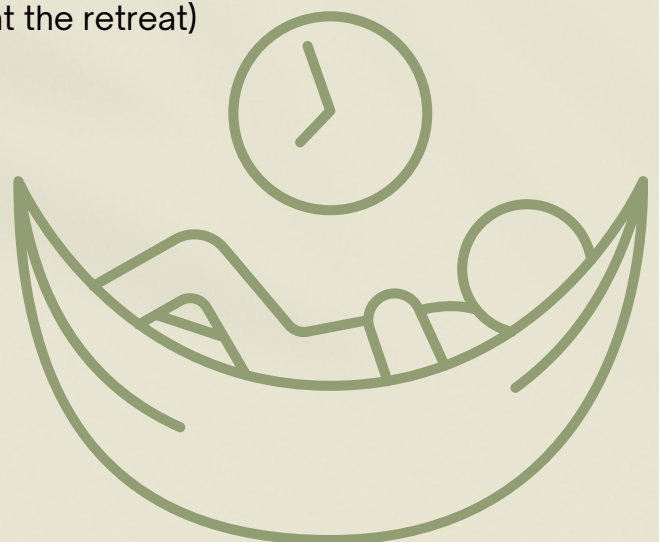
- Toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Skincare products
- Menstrual products (if applicable)
- Prescription medications

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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-  www.tranquilwatersretreat.co.uk
-  info@tranquilwatersretreat.co.uk

