

# HEALING FROM WITHIN 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 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.



# OUR INTENTION?



Our intention for this retreat is simple. To create a safe, supportive space where you can slow down, soften, and reconnect with yourself.

This is not about fixing or changing who you are. It is about stepping away from the noise of everyday life and giving yourself permission to rest, reflect, and breathe more deeply. When the nervous system settles, clarity naturally follows.

We intend to hold a slow pace rooted in presence, compassion, and genuine connection. A space where people feel seen, heard, and supported, without judgement or expectation. Where community feels natural, not forced, and where each person can arrive exactly as they are.

Through shared experiences, stillness, movement, and time in nature, our intention is to help you reconnect with what matters, listen inwardly, and leave feeling more grounded, open, and at ease.

Nothing is required of you here. Just your willingness to show up and be present.



HAPPINESS

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

# THE PLAN

## 5 NIGHT / 6 DAY RETREAT

### DAY ONE

Arrival from 5pm – Meet and Greet. Settle down into your accommodation

### DAY TWO

8.30am – Breakfast

10am – Opening circle

11am – DMT Breathwork

11.30am – 12.30pm Workshop;  
Healing from within

12.30pm-1.30pm – Lunch

3pm – 4pm Ice bath & Infrared Sauna.

5pm – Evening Meal

6.30pm – Gong Bath And Inner Child Meditation



# THE PLAN

## 5 NIGHT / 6 DAY RETREAT

### DAY THREE

8.30am - Breakfast

10am - 11am - Shakti Mat Affirmations

1.30am- 12.30pm - Hyperbaric Oxygen Therapy

1.30pm - Lunch

2.30pm Float Therapy

3.30pm - Holistic therapy (Massage, reiki)

5.00pm - Evening Meal

7pm - 8.30pm - Surprise evening. Based on the group and what would serve you the most. We'll surprise you with an incredible evening activity.



# THE PLAN

## 5 NIGHT / 6 DAY RETREAT

### DAY FOUR

8.00am - Breakfast

9am - Wild Swimming In The Peak District (Weather dependent)

Or

Hike Mam Tor (Beautiful scenic hike in the peak district)

4pm - Arrive back at the retreat

6pm - Evening Meal

### DAY FIVE

8.30am - Breakfast

10am - 11am - Meditate and Elevate through affirmations and mantra.

11am-12pm - Breathwork and affirmations

12pm - Barefoot Walking

12.30 - 1pm Lunch

2pm - Tai Chi

5.30pm - Evening Meal

7pm - Firepit and Cacao ceremony.



# THE PLAN

## 5 NIGHT / 6 DAY RETREAT

### DAY SIX

9am – Host Prepared Breakfast

10 am – Room checkout and Retreat close





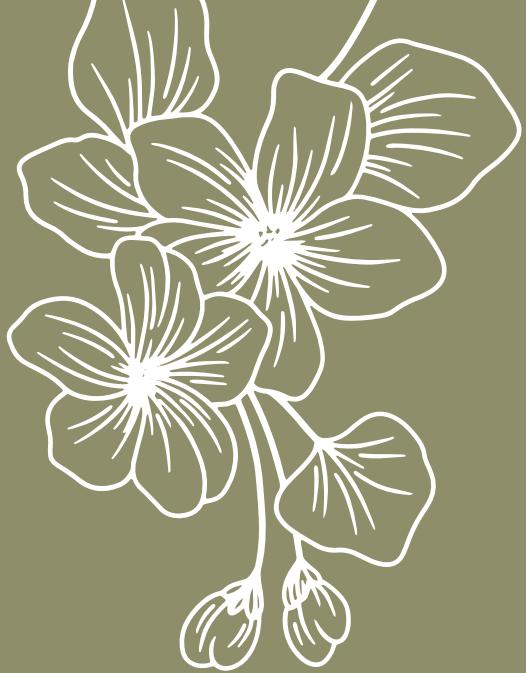
# PRIVATE RESIDENTIAL PLANT BASED CHEF

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



## 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.



## 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



\*Minimum guests: 3



# REVIEWS

Please check out all of our reviews;

Trustpilot (80+ 5\* Reviews)

<https://uk.trustpilot.com/review/tranquilwaters>

Google (120+ 5\* Reviews)

<https://g.co/kgs/3Pzcvak>

*This retreat has been absolutely life changing*

*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*

*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.*

*I honestly had the most relaxing, reenergising retreat I could have asked for.*

*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

- Respect for Others

Please be mindful that everyone arrives here with their own story. Treat each other with kindness, respect, and compassion at all times.

- Confidentiality

What's shared during the retreat stays here. Personal stories, emotions, and experiences shared in the space are to be respected and kept private.

- Technology Detox

We invite you to step away from phones, tablets, and laptops for the duration of the retreat where possible. Give yourself a break from constant noise and see what opens up when you fully unplug.

- Quiet Hours from 9pm

Quiet hours begin at 9pm to support rest and reflection. Please keep noise to a minimum during this time so everyone can unwind and sleep peacefully.

- Personal Space and Boundaries

Respect personal space and boundaries at all times. Always ask for consent before physical contact or entering another guest's space.

- Shared Spaces and Environment

Please leave shared areas as you find them and respect the natural surroundings. Help us care for the space so it remains nurturing for everyone

- Participation

You will get the most from the retreat by showing up fully. We encourage you to take part in the sessions and activities with openness, while also honouring your own limits.

- Integration Time

Make space for rest and reflection. Journaling, meditation, and time in nature are encouraged to help you integrate what comes up during the retreat.

- Openness to the Process

Come with an open mind and heart. There is no need to force anything. Allow the experience to unfold naturally.

- Detox Preparation

We recommend reducing or avoiding alcohol, refined sugar, nicotine, and caffeine for up to 14 days before the retreat to support the process.

# 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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