

SPIRITUAL AWAKENING RETREAT



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 spiritual journey.

A shift is emerging that reverberates through the fabric of consciousness, beckoning us to transcend the mundane and embrace the extraordinary. It's a call to arms, urging us to break free from the shackles of societal expectations and embrace our inherent purpose—to simply exist, to 'be', in all its glorious authenticity.

Imagine awakening to the profound realisation that each of us holds the power of creation within, that we are divine souls navigating the human experience. It's a revelation that ignites a fire within, illuminating a path of boundless possibilities and unfathomable potential.



THE EXPERIENCE

This retreat is for those who feel something shifting within them, even if they cannot yet put it into words.

A spiritual awakening is not about becoming someone new. It is about remembering who you are beneath old patterns, conditioning, and beliefs that no longer serve you. For many, this process can feel disorientating, emotional, and at times overwhelming. Our intention is to create a grounded, supportive space where you can move through this phase with clarity, safety, and understanding.

During the retreat, we guide you to gently explore what is no longer supporting your growth. Old habits, thought patterns, emotional attachments, and ways of living that once felt necessary may now feel heavy or misaligned. Rather than resisting this, we help you learn how to surrender to change, trust the process, and soften into a new way of being.

Through daily practices such as breathwork, meditation, float therapy, sound healing, mindful movement, and time in nature, you will begin to reconnect with your inner guidance and natural rhythm. These practices are not just for the retreat itself. They are practical tools you can take home and integrate into daily life, helping you remain grounded, centred, and aligned long after you leave.

At its core, this retreat is about reconnecting with your own divine nature. Not in a way that separates you from life, but in a way that helps you live more fully within it. With greater awareness, presence, and compassion for yourself.

You are not here to escape life. You are here to meet it more honestly, more openly, and with a deeper sense of trust.



DID YOU KNOW?



Spiritual awakening often begins with compression.

Life can feel like it's closing in rather than opening up. Pressure builds. Old coping mechanisms stop working. Situations, emotions, and patterns rise to the surface all at once. This phase is often described as the dark night of the soul.

It can feel heavy, confusing, and deeply uncomfortable. Not because something is going wrong, but because something is being revealed. During this time, problems aren't happening to you. They're happening for you. Each challenge points to something that no longer aligns with who you are becoming. Beliefs, habits, relationships, and identities that once served you are brought into question.

This process is not about breaking you. It's about refining you. Awakening is not an escape from life. It is a shift in perception. You begin to see experiences differently, respond rather than react, and live with greater clarity and responsibility.

This retreat is designed to support you through that compression. To help you stabilise, integrate, and build daily practices that keep you grounded as your awareness expands.

You are not losing yourself.

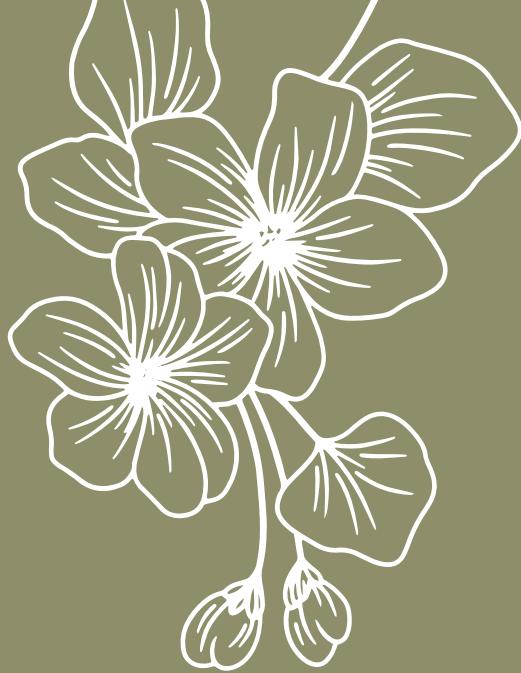
You are shedding what you no longer need.



HAPPINESS

"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

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 and Spiritual Awakening

12.30pm-1.30pm – Lunch

3pm – 4pm Ice bath & Infrared Sauna.

5pm – Evening Meal

6.30pm – Kundalini Yoga



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 - Akashic Readings

5.00pm - Evening Meal

6.30pm - Gong Bath And Meditation



THE PLAN

5 NIGHT / 6 DAY RETREAT

DAY FOUR

8.00am - Breakfast

9am - Hike Mam Tor (Beautiful scenic hike in the peak district)

4pm - Arrive back at the retreat

6pm - 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.

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

5.30pm - Evening Meal

7pm - Firepit and Cacao ceremony.



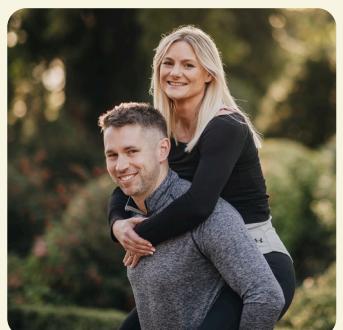
THE PLAN

5 NIGHT / 6 DAY RETREAT

DAY SIX

9am – Host Prepared Breakfast

10 am – Room checkout and Retreat close





PRIVATE RESIDENTIAL PLANT BASED CHEF

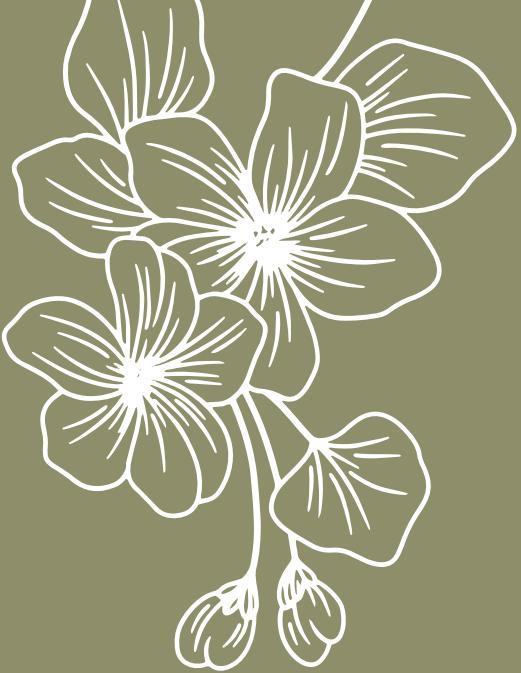
Every meal, drink and snack taken care of.

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 plant based meals, our chef will leave your taste buds well and truly satisfied.

**If we have under 3 guests - we will provide in house catering*



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

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:

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

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

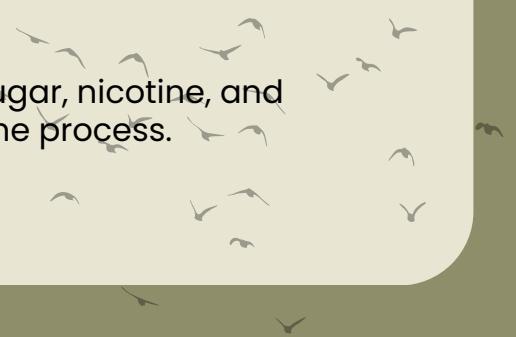
Make space for rest and reflection. Journaling, meditation, and time in nature are encouraged to help you integrate what comes up during the retreat.

- 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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