

Luxury 4 Night Retreat

8th June 2026



FROM WITHIN

Building strength through deliberate challenges, both physical and mental.

Feeling frustrated with not giving yourself enough time for you?

Ready to reset, recharge and reconnect what's already exists, with strength From Within?

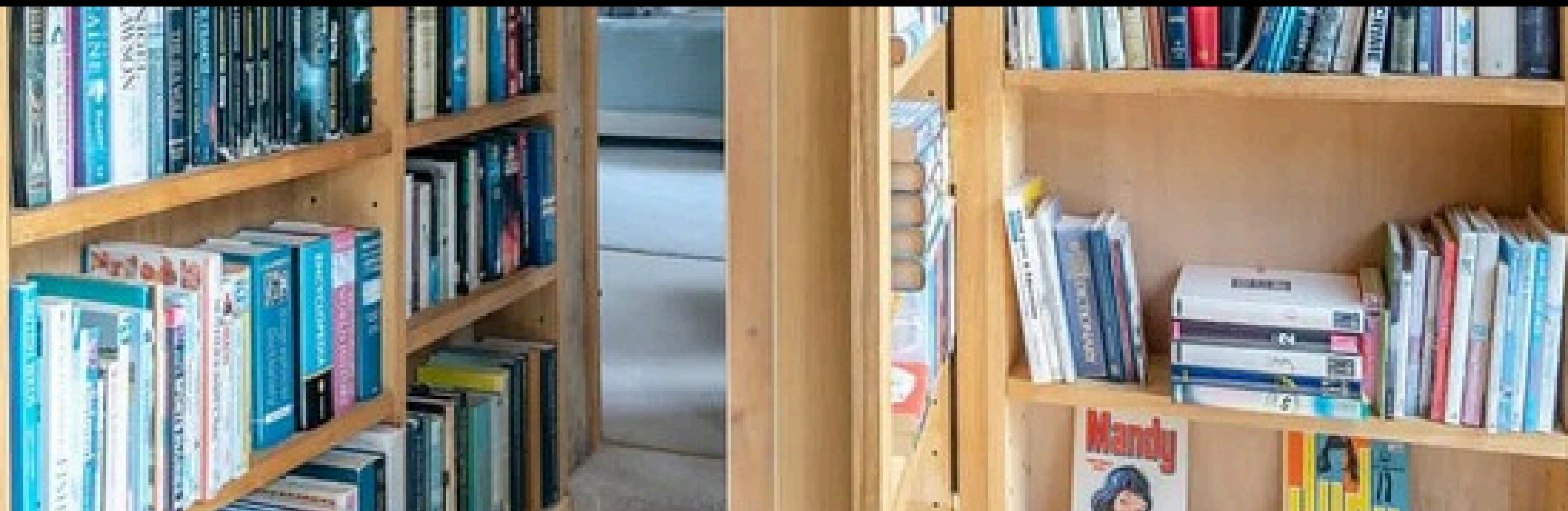
This retreat is designed to strengthen your physical and mental capabilities



This is more than a retreat It's a recalibration

Surround yourself with inspiring women, nourish your body, mind and dive into our transformative programme, blending life experiences and modern science; cacao benefits, strength training, sound therapy, sunset hikes and soul-stirring workshops (...and cold water emersions if you're brave!).

Whether you're working on a business idea, a personal challenge or simply need time to just be; **this is Your time. Let's make it powerful!**



What's included?

4 Days packed with challenges, adventures, gratitude, focus sessions



Outdoor Dining with
Three Spirit



Sunrise/Sunset



Cacao



Private Chef



Sound Vibration
Therapy



Breathwork



Luxury Rooms



Surrounded by nature



Active Working
Holiday



Networking



Our Service

We will be dining in style, enjoying freshly cooked meals by our own private chef, with experience of working in Michelin Star restaurants. Enjoy mood elevating experiences in casual atmosphere, with inspiring individuals, allowing authenticity and inspiration to emerge. We are all here to share this experience.



The Destination



DAY 1

16:00: Arrival

17:00: Connect & Dine

**19:00: You-focus (read /swim/ jacuzzi/
socialising/ reflect)**

**21:30: Cacao Brain - Heart Coherence
practice**

DAY 2

08:00: Bare foot grounding/ Breathwork / Workout

10:30: Breakfast

13:00: Why Defining Workshop - deep dive

15:30: Culinary Experience Dinner

**17:00: Brain - Heart Coherence + Cacao + Sound bath
(read/ swim/ jacuzzi/ socialising/ work)**

20:00: A Refined Tasting Experience

DAY 3

08:00: Swim/ Breathwork/ Workout

10:30: Breakfast

12:00: Brain - Heart Coherence + Cacao

13:00: Character Defining Workshop

15:30: Culinary Experience Dinner

**17:30: You-focus (read /swim/ jacuzzi/
socialising/ reflect)**

19:40 Sunset Hike

21:30 Starlight Supper

DAY 4

08:00: Run/ Breathwork / Workout

10:30: Breakfast

12:00: Cacao Meditation

13:00: Future Planner Session or Project Time

15:00: Afternoon Tea in the Garden

17:00: Sound bath

(read /swim/ jacuzzi/ socialising/ reflect)

19:00: Canvas & Mocktails

20:00: Backyard Bonfire Dining



FROM WITHIN

Retreat Itinerary

DAY 5

**08:00: Brain - Heart
Coherence +Cacao**

09:00: Breakfast

10:00: Checkout

What's included in our Special Packages Worth **£2080**

Secure it now
£226

*Rooms priced individually, starting from £888

- 4 Night Rural Escape in a Luxury setting (worth £1000)
- 4 day culinary experience with private chef (worth £500)
- 24/7 access to heated swimming pool, jacuzzi, fitness programme (worth £100)
- Dedicated time to work on your vision, business, strategy (priceless)
- Active Working Holiday (worth £100)
- Sound Healing sessions (worth £40)
- Breathwork sessions (worth £140)
- Networking opportunity (£50)
- Inspiring, thought-provoking conversation access to a community (£150, annually)
- All of the above while staying active, pushing your boundaries (priceless)
- Hiking to a Viewpoint at Sunset, nature trails, cold water immersions (free)



Your Investment

Ensuite Double room £1,355

Share a room with a friend or family and get £355.50 discount each.

4 night luxury stay with private chef dining experience and access to all facilities and workshops.

Book a Discovery Call today

<https://calendly.com/connect-fromwithin>



Your Investment

Double room £1,200

Share a room with a close friend or family member and get £200 discount each.

4 night luxury stay with private chef dining experience and access to all facilities and workshops.

Book a Discovery Call today!

<https://calendly.com/connect-fromwithin>



Your Investment

Private single room £1000

Single bed shared room £888

4 night luxury stay with private chef dining experience and access to all activities and workshops.

Book a Discovery Call today to learn more and secure your spot.

<https://calendly.com/connect-fromwithin>



Get in Touch!

This isn't just time off.

It's time in, for deep rest, realignment and bold visioning.

Whether you're growing a business, navigating a transition or just has enough of putting yourself last, this experience will shift you from scattered to centred, from exhausted to empowered.

🌟 What awaits you:

- NLP sessions, journaling and vision-mapping to awaken your inner power and silence the mental noise.
- Daily movement; from strength training to sunrise breathwork sessions that energise your body and reset your nervous system. We will be traveling to sacred local spring St Anthony's Well and emerging ourselves in the cold water.
- Gourmet meals cooked by a private chef, sound healing, cacao and nature walks to feed your soul and need for natural beauty.
- Conversations with inspiring women who get it because they're walking similar or the same path as you. Maybe you can learn from them or share how your experiences shaped journey.

You'll leave feeling lighter, clearer and unstoppable with a renewed sense of joy, balance and fire.

This is more than a retreat. It's a recalibration.

Limited spots available.

Because strength in authenticity and depth matter; because you deserve a seat at this table.



07549817139



connect@fromwithin.uk



www.fromwithin.uk