



SoulSimple Cotswolds Retreat UK

Bridal Wellbeing Retreats & Treatments Portfolio

# BRIDAL WELLBEING & MINI MOON RETREATS PORTFOLIO





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**Hello beautiful BRIDES! We're so happy you've found your SANCTUARY.**

Welcome to SoulSimple Sanctuary. We are a team of female WELL BEING SPECIALISTS dedicated to the wellbeing of humanity and FEMALE EMPOWERMENT. We create a sacred, safe and nurturing space for all women to truly relax, explore and discover lifelong health, wellbeing & empowerment. In the hands of our exceptionally gifted team of women you will feel safe, nurtured, nourished, recalibrated and gently guided inward to discover your own feminine power. We run one to one & weekly group sessions, as well as day & long weekend retreats for WOMEN: Mamas, Daughters, Brides to be, Sisters and Friends.



**Meet our Incredible team of women's being specialists**

**Together we specialise in ALL ASPECTS OF your WELLBEING: NOURISHING & SUPPORTING your WHOLE BODY. TRANSFORMING your life!**

- ★ Yoga . Women's Massage . Dance . Mindfulness . Cacao Ceremony . Reiki Healing . Detoxing
- ★ Intimacy . Breath-work . Psychotherapy . Hypnotherapy . Shamanic Journeying . Creativity
- ★ Nature Immersions . Meditation . Sound Baths . Yoga Nidra . Nutrition . Moon ceremonies ★
- Sacred Geometry Ceremonies . Attunements with Ascended Masters . Abundance & Manifesting
- ★ Finding your power animal . Cold water immersions . Sacred Sexuality . Voice work . Art .

**Our passion is the magic of your experience.**

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We are here to give you transformational life changing experiences.  
This is our promise to you. Feel free to ask us questions about anything we offer.

- ★ Discover the magic of BEING. The magic inside of you.
- ★ Discover & harness the POWER & HEALING of your body that is ALWAYS available to you.
- ★ Become completely ALIVE & PRESENT.
- ★ Witness your dreams coming alive. Manifest the life you've always wanted with ease and grace.
- ★ Live in Timeless PEACE.
- ★ Experience & embody the love you've always dreamed of.
- ★ Know yourself as unshakeable strength & effortless confidence.
- ★ Become part of an incredible tribe of women, a sisterhood that will completely support you in every aspect of your life.





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## **SoulSimple Retreat UK**

**SoulSimple COTSWOLDS RETREAT UK: Where we hold our retreats.**

SoulSimple Cotswolds Retreat is a SANCTUARY. A place of total relaxation and restoration. A magical place of transformation. Find yourself in a 600 acre secret valley, bejewelled with emerald lakes in the heart of The Cotswolds. Here you will find the space and support you need to relax, heal and make the changes you truly want. Immerse yourself in the power and beauty of nature. Staying at SoulSimple Retreat is a full holistic wellness and nature immersion experience.



### **BOOK A RETREAT WITH US**

- 1 - Look through this wellbeing portfolio and decide on the kind of retreat you would like. (We are happy to create something bespoke if there are things you would like to add or change to any of the retreats.
- 2 - Please email back with your preferred dates for your retreat and if you are coming for the day or if you would like to stay.
- 3 - If you would like to stay then let us know the number of nights and we will check for availability.
- 4 - We will confirm this via email and send you further booking details.



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## Choose your special Retreat

### 1. HEALING HEART

Loving Ourselves into Healing - Women's Deep Relaxation & Self Care Retreat

**TUNE INTO & RESET YOUR:** Nervous system - flooding your whole system with healing

*Complete focus on your HEALING, come away feeling relaxed and energised.*

#### **HEALING HEART HALF DAY RETREAT: 9am - 1pm: 4 hours**

30 mins Deeply relaxing meditation tuning into your heart & resetting your nervous system

60 mins Restorative & supportive Yin Yoga to completely invite you inside yourself

30 mins Deep relaxation, crystal alchemy singing bowls & Angelic Reiki sound bath

60 mins Candle Lit Massage

60 mins Sauna or hot tub

**Investment:**

\* £295 1 person \* £395 2 person \* £495 3 person \* £595 4 person

#### **HEALING HEART FULL DAY RETREAT: 9am - 4pm: 7 hours**

60 mins Deeply relaxing meditation tuning into your heart & resetting your nervous system

90 mins Restorative & supportive Yin Yoga to completely invite you inside yourself

30 mins Deep relaxation, crystal alchemy singing bowls & Angelic Reiki sound bath

60 mins Gorgeous nourishing vegetarian/vegan lunch

60 mins Candle Lit Massage

120 mins Sauna or hot tub

**Investment:**

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### 2. ILLUMINATE





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**Light up your body, your mind, your spirit - Women's Transformation Retreat**  
**TUNE INTO & RESET YOUR: Endocrine system - flooding your whole system with LIGHT**  
*Complete focus on your CELLULAR RADIANCE, come away feeling transformed & uplifted.*

### **ILLUMINATE HALF DAY RETREAT: 9am - 1pm: 4 hours**

60 mins Going deep inside guided meditation  
60 mins Deep intuitive movement release & guided visualisation  
60 mins Rebirthing breathwork session  
60 mins Candle Lit Massage

**Investment:**

\* £295 1 person \* £395 2 person \* £495 3 person \* £595 4 person

### **ILLUMINATE FULL DAY RETREAT: 9am - 4pm: 7 hours**

60 mins Going inside guided meditation  
60 mins Deep intuitive movement release & guided visualisation  
60 mins Rebirthing breathwork session  
60 mins Gorgeous nourishing vegetarian/vegan lunch  
60 mins Candle Lit Massage  
120 mins Sauna or hot tub

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## **3. GLOWING MAMA**

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**Mama's total REST Retreat - Total YOU time to let go & REJUVENATE**  
**TUNE INTO & RESET YOUR: Whole body - flooding your whole system with ENERGY**  
*Complete focus on your REJUVENATION, come away feeling INCREDIBLE.*

#### **GLOWING MAMA HALF DAY RETREAT: 9am - 1pm: 4 hours**

30 mins Gentle guided Meditation  
30 mins Deep relaxation & yoga nidra  
30 mins Deep somatic release yoga  
30 mins Deep relaxation, crystal alchemy singing bowls & Angelic Reiki sound bath  
60 mins Candle Lit Massage  
60 mins Sauna or hot tub

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#### **GLOWING MAMA FULL DAY RETREAT: 9am - 4pm: 7 hours**

30 mins Gentle guided Meditation  
30 mins Deep relaxation & yoga nidra  
60 mins Deep somatic release yoga  
60 mins Deep relaxation, crystal alchemy singing bowls & Angelic Reiki sound bath  
60 mins Gorgeous nourishing vegetarian/vegan lunch  
60 mins Candle Lit Massage  
120 mins Sauna or hot tub

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## 4. EARTH MOTHER



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**A total NATURE Retreat - Total YOU time to CONNECT in nature bliss  
TUNE INTO & RESET YOUR: Whole body - flooding your whole system with NATURE'S POWER  
Complete focus on your NATURAL POWER, come away feeling CONNECTED**

#### **EARTH MOTHER HALF DAY: 9am - 1pm: 4 hours**

120 mins Guided NATURE Meditation, forest bathing & yoga connecting to all the elements & the power of the magical landscape. Can include a Divine water immersion ceremony.

60 mins Candle Lit Massage

60 mins Sauna or hot tub

**Investment:**

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#### **EARTH MOTHER FULL DAY: 9am - 4pm: 7 hours**

120 mins Guided NATURE Meditation, forest bathing & yoga connecting to all the elements & the power of the magical landscape. Can include a Divine water immersion ceremony.

60 mins Wim Hoff breathwork session

60 mins Gorgeous nourishing vegetarian/vegan lunch

60 mins Candle Lit Massage

120 mins Sauna or hot tub

**Investment:**

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## **5. DIVINE GUIDANCE**

**Connect with your DIVINE SOVEREIGN power - Time to ALIGN & MANIFEST**

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**TUNE INTO & RESET YOUR: Whole body - ALIGN your whole system with YOUR SOVEREIGNTY**  
*Complete focus on your INNER GUIDANCE, come away feeling CLEAR & CONNECTED.*

#### **DIVINE GUIDANCE HALF DAY: 9am - 1pm: 4 hours**

30 mins Guided Meditation

60 mins Deep somatic release. Prayer & intention ceremony, opening up your etheric bodies, illuminating your intuitive body. Calling upon the Archangels & Ascended Masters

30 mins Receiving answers and writing them down

60 mins Candle Lit Massage

60 mins Sauna or hot tub

**Investment:**

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#### **DIVINE GUIDANCE FULL DAY: 9am - 4pm: 7 hours**

60 mins Guided Meditation

60 mins Deep somatic release. Prayer & intention ceremony, opening up your etheric bodies, illuminating your intuitive body. Calling upon the Archangels & Ascended Masters

60 mins Receiving answers and writing them down

60 mins Gorgeous nourishing vegetarian/vegan lunch

60 mins Candle Lit Massage

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# MINI MOONS





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SoulSimple offers magical Couples Retreats which can be booked for your Mini Moon. Take time to start the journey into your married life together to connect and enjoy the privacy and intimacy that this special place holds.

#### **1. Couples Relax and Renew: ULTIMATE RELAXATION AND REJUVENATION**

30 min: Guided meditation

60 min: Be Gentle yoga session

30 min: SoulSound crystal alchemy singing bowls & angelic Reiki sound bath.

60 min: Couples candlelight massage

60 min: Sauna and Plunge Pool

Relax with a seasonal herb tea & delicious cake

**4 hours £395 per couple**

#### **2. Couples Deep Connection: BONDING AND TOGETHERNESS**

30 min: Breathe and meditation

60 min: Couples yoga

30 min: Deep guided relaxation

60 min: Couples candlelight massage

60 min: Sauna and Plunge Pool

Relax with a seasonal herb tea & delicious cake

**4 hours £395 per couple**

#### **3. Couples Transformation: STRENGTHEN YOUR CONNECTION, EMBRACE ABUNDANCE AND LET GO**

30 min: Meditation and stillness practice

60 min: Rebirthing breathwork session

60 min: Finishing with an hour of massages together in candle light

60 min: Sauna and Plunge Pool

30 min: Relax with a seasonal herb tea & delicious cake

**4 hours £395 per couple**

#### **4. Couples Living Liberation: FIND OUT WHO YOU ARE**

30 min: Meditation and stillness practice. Learning how to un-contain ourselves

60 min: Delve into your innermost essence - a deeply guided session deep into the body

60 min: Couples candlelight massage

60 min: Sauna and Plunge Pool

30 min: Relax with a seasonal herb tea and delicious cake

**4 hours £395 per couple**



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# NATURALLY INSPIRED ACCOMMODATION



Each accommodation is designed for total rest and relaxation. You have use of your own private hot tub and cooking facilities should you wish to use those. Alternatively, the town of Nailsworth is a short 20 minute stroll along the river and has some incredible restaurants and cafes.





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## THE CELESTIAL STUDIO

£195 per night 2 night minimum stay

A self contained, luxury studio. Light and airy, you will find everything you need here for your visit. With a well equipped kitchen, powerful shower and luxury cotton sheets to make you feel as comfortable as possible. King-size bed and sofa bed available. Your own private hot tub and outdoor seating.



## SPECIAL TOUCHES

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We can arrange extra touches to ensure you have a stay to remember, all hand delivered to your accommodation -

- Indulgent and rich vegan, raw chocolate truffles handmade with love in Stroud
- Delicious sparkling Rosé wine from Woodchester Valley Vineyard just a stroll up the road from our Retreat
- A gorgeous bouquet of handpicked and locally sourced seasonal flowers from our grower in Stroud

**£85 for any two of the above or £95 for all three**

## EXTRA TREATMENTS

We offer a range of massages and holistic treatments which can be booked as additions to your Retreat. Our incredible team of masseuses have the extra special touch - they have magic in their fingers!

### BEAUTIFUL MESSAGES:

Swedish full body & head: **70mins: £120**

Full Bodywork treatment: **70 mins: £120**

Full body aromatherapy: **70 mins: £120**

Women's womb & fertility massage: **70 mins £120**

Candlelit 4 hands massage: **70 mins £195**

Candlelit Couples massage: **70 mins: £195**

Candlelit Mother & daughter massage: **70 mins: £195**

Candlelit Best friends massage: **70 mins: £195 for 2 friends. £295 for 3 friends. £495 for 4 friends.**

### SPECIAL HOLISTIC TREATMENTS:

Angelic Reiki : **70 mins £120**

Energy Shift: **70 mins £120**

Crystal healing: **70 mins £120**





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**Also available to book is our brand new, gorgeous woodfired Sauna  
A two hour PRIVATE session is £95.**

## **Booking your Retreat:**

- 1 - Look through this wellbeing portfolio and decide on the kind of retreat you would like. (We are happy to create something bespoke if there are things you would like to add or change to any of the retreats.
- 2 - Please email back with your preferred dates for your retreat and if you are coming for the day or if you would like to stay.
- 3 - If you would like to stay then let us know the number of nights and we will check for availability.
- 4 - We will confirm this via email and send you further booking details.

Your booking will be secured as soon as we've received the 50% non-refundable deposit of half of anything you would like to book. The rest is paid in cash upon arrival.

### **Terms & Conditions for Wellbeing Retreats & Treatment Bookings:**

Your deposit is non-refundable. You can cancel up to 48 hours from when we've sent you an email booking confirmation. (After you have secured your booking with payment of the 50% non-refundable deposit) and you will not have to pay the remaining 50% balance for your booking (as long as cancellation is at least 14 days before your booking as shown in the confirmation email). We are happy to move the dates of your booking if you are unable to come due to restrictions or illness due to Covid-19 - subject to official supporting documents being provided as proof. We provide this service once. Any subsequent cancellation will incur cancellation charges, for the total amount of the deposit originally paid (50% of the booking cost).

## **SoulSimple Cotswolds Retreat**

**“Wellbeing For Everyone Forever”**