

SoulWoman

Women's 1 day GROUP retreats
In The Cotswolds



Women take a QUANTUM LEAP into self-love, harmony & balance. Reconnect to your health & wellbeing, your intuition & trusting yourself & where you're going in life. Feeling CLEAR, ENERGISED & CONNECTED in the world.

Retreats especially crafted for Women...

Do you feel the call to re-discover your own sacred dimensions...

To re-kindle your innate earth wisdoms...

To heal, to explore, nurture, be held & empower your sacred feminine forces within?



Beautiful Women...

We have tenderly woven these incredible retreats guiding you into your inner terrain to access deeper healing, releasing, reconnecting, reclaiming, expanding and embodying your feminine power.

Reconnect to your health & wellbeing, your intuition & trusting yourself & where you're going in life. Feeling CLEAR, ENERGISED & CONNECTED in the world.

Take a QUANTUM LEAP into self-love, harmony & balance!

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.

SoulSimple Retreat UK

SoulSimple COTSWOLDS RETREAT UK: Where we hold our 1 DAY WOMEN'S GROUP 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 FROM THIS PORTFOLIO

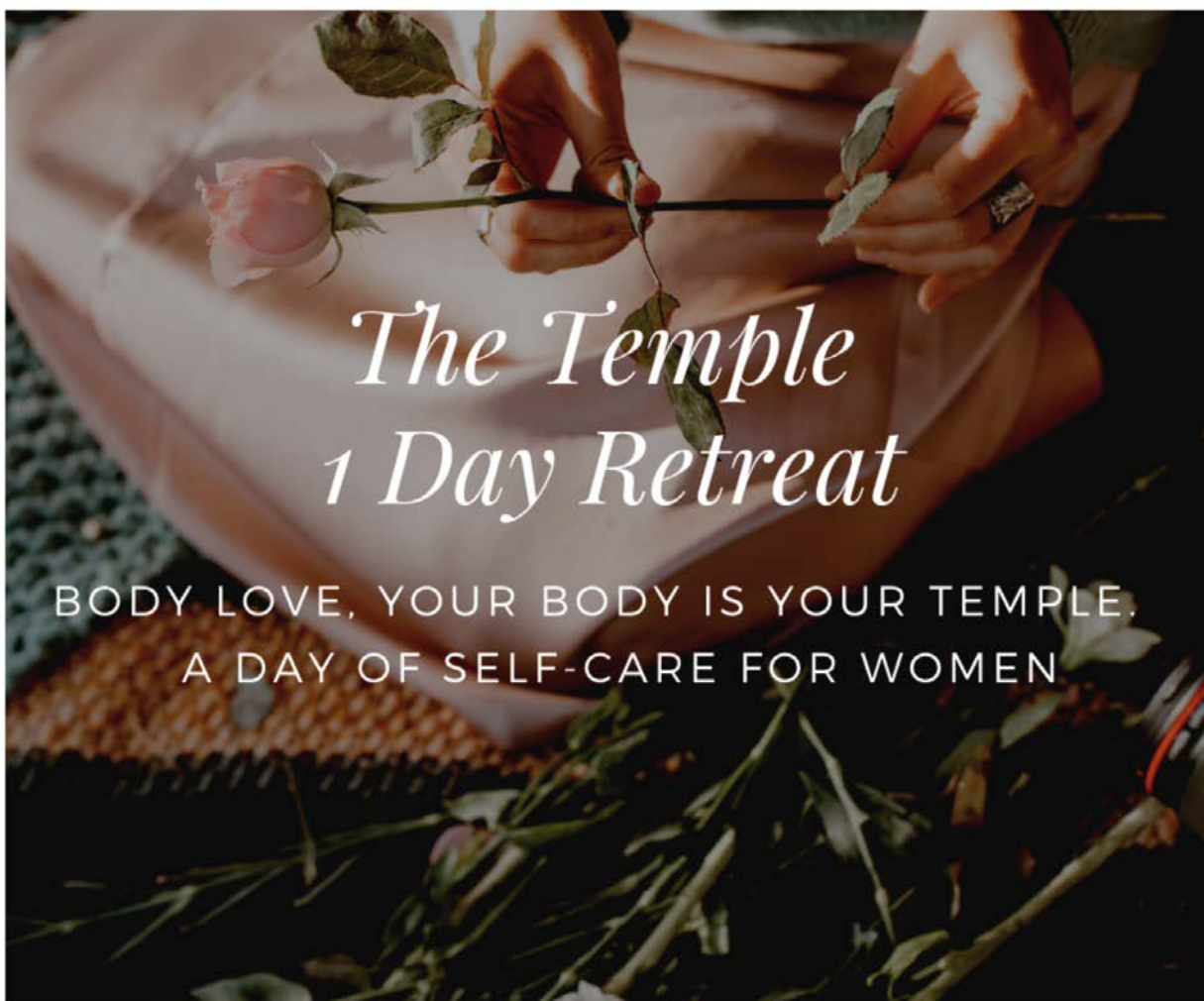
1 - Read down through this portfolio and decide which retreat you'd like to book.

You can of course book all of them!

2 - Book easily via the BOOK NOW button on the page of the website where you downloaded this PDF.

<https://www.soulsimple.co.uk/womens-empowerment-wellbeing-retreats>

3 - Or book directly via this link with eventbrite:



THE TEMPLE

Women come home to your temple.

Sat 9th April 10am - 5pm

A DAY OF BODY LOVE

A total day of self-care.

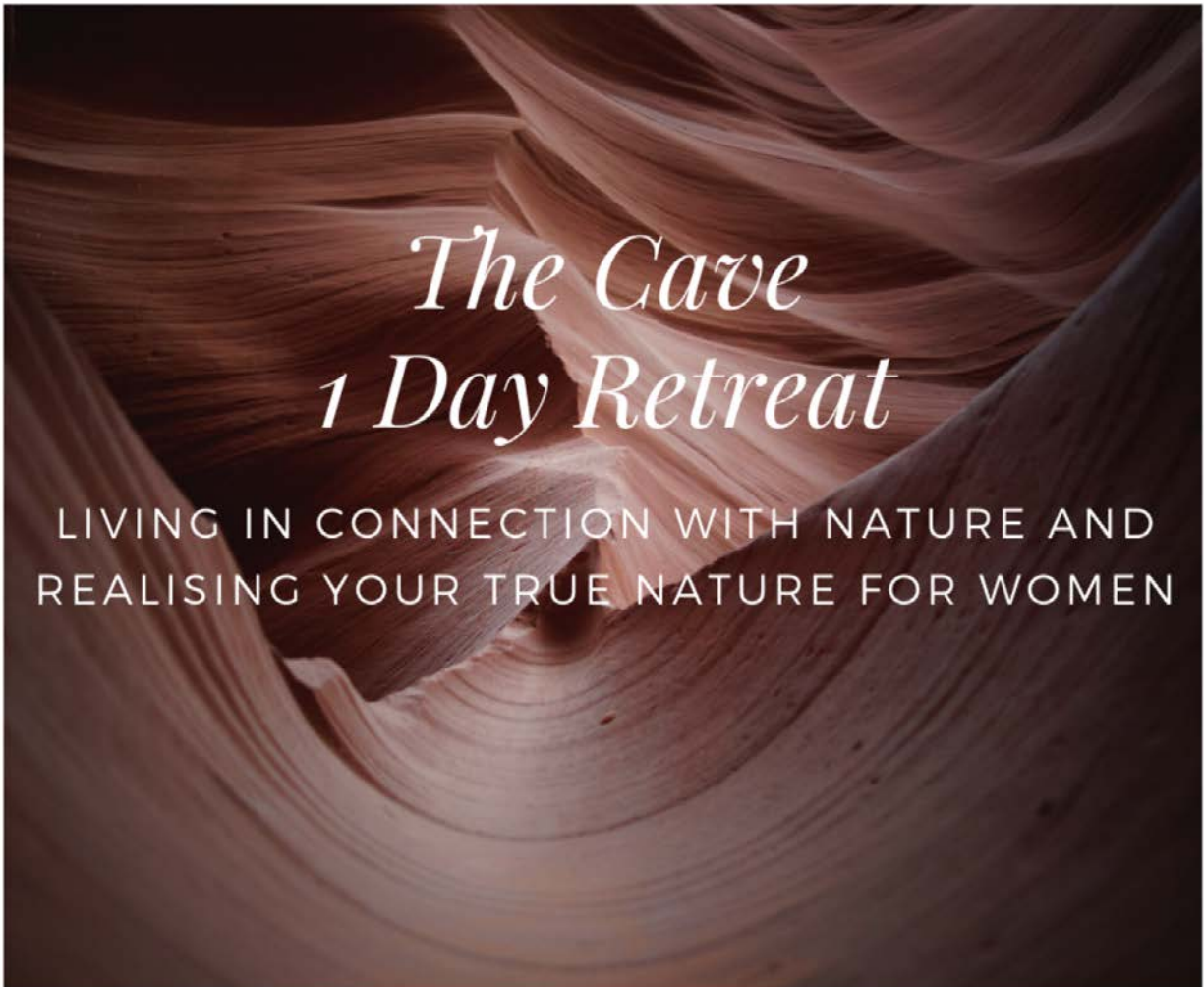
Your body is your temple. YOUR SACRED SPACE. Receive the beauty of your body.

Learn how to take care and look after your body. Opening to your Divine body intelligence.

Enjoy deeply relaxing nourishing practices. Meditation. Self massage & homemade skin care. Energy healing. Deeply restorative yoga. Breathwork. Conscious nutrition.

10 places available

£222



THE CAVE

A DAY OF GROUNDING YOURSELF COMPLETELY IN NATURE

Sat 14th May 10am - 5pm

You are nature. This is a day of total EARTH connection. A day of embodied Wisdom: Living in connection with nature and re-kindling your innate earth wisdom. Experiencing your TRUE NATURE. This grounding enables you to step into the world with confidence.

Enjoy guided nature meditation walks. Earth remedies & foraging. Tree mediation. Plants for your wellbeing. Crystal singing bowl sound bath. Deeply restorative yoga. Breathwork. Conscious nutrition. Create your own SELF SOOTHING box to ground.

10 places available

£222



The Chalice

A 4 day Sacred Mastery journey for women

*Coming home to your fire &
sensitivity through the sacred
gateways of nature.*

THE CHALICE

Sacred mastery journey for women

Mon June 13th - Thurs 16th

A 4 DAY SACRED MASTERY JOURNEY FOR WOMEN

Igniting your fire and activating the power of your inner Alchemy. Coming home to your fire & sensuality through the sacred gateways of nature. Channelling that fire & birthing yourself anew in the world as a pathway to freedom.

A LUXURY 4 DAY RETREAT at our stunning residential retreat MATARA

Up to 2 people per room. 9 rooms available

£2900 per room