



Boost You Wellness Retreat

18th -22nd September 2023

May Hill, Gloucestershire

A fresh, brand-new wellness retreat for mind, body and soul.

Take time out of your busy schedule...just for you, with this exclusive 4-night retreat set in the beautiful Gloucestershire countryside. Autumn is the perfect time for a re-set, in preparation for the winter months ahead, so why not give yourself the gift of this restorative retreat to reconnect with yourself and nature?

How is this retreat different from others?

- This 4-night retreat provides a unique combination of restorative and wellness aspects: life coaching sessions; some group activities; fasting & re-wilding day including digital detox; daily yoga, nourishing, healthy food; glamping accommodation in lovely Gloucestershire countryside and a small group setting (max. 8 participants).
- Follow-up coaching session
- Pre-retreat questionnaire to ensure your needs are met

What are the benefits of this retreat?

- An opportunity to focus yourself, and invite positive change into your life through the coaching sessions
- A chance to reconnect and realign with nature, in a peaceful countryside setting through a rewilding experience and the beautiful glamping setting
- Restorative yoga to find balance, reduce stress, promote relaxation and increase flexibility
- A 24-hour fasting period to allow the body to heal, increase Human Growth Hormone, balance blood sugars, reduce fat and release ketones into the bloodstream
- A small group of participants so that you can find connection within yourself and others
- Nourishing, seasonal vegetarian food, which is sugar and caffeine free
- Beautiful, comfortable glamping accommodation with hot tubs

Outcomes

Our aim is for you to leave the retreat feeling peaceful, nourished and more in tune with yourself so you are ready to face your day-to-day life with refreshed and positive outlook. You may also come away with new tools and strategies to help you move forward with your goals.

Retreat Highlights:

- Welcome dinner and introduction to hosts, participants and the full itinerary
- Guided 24-hr fast, which includes a full day of rewilding, barefoot walking, digital detoxing and connecting to nature on May Hill
- 1-hour, face-to-face personalised coaching session (plus Zoom session follow-up post retreat)
- Beautifully appointed glamping accommodation with use of hot tubs
- Delicious, seasonal and home-cooked vegetarian food
- Three 1-hour yoga sessions
- Informal group activities including: cooking, meditation and fireside discussions
- Quiet, me-time for diary writing and reflection

In safe hands

Your retreat host:

Nicola Mills and her family moved to May Hill over nine years ago and created the beautiful Mrs Mills Glamping. With her established background in fine food and exceptional customer service, coupled with a secret desire to live in the Jazz age she has created an idyllic retreat where only great food comes to the table and her vintage values and style welcomes you instantly.

Your coach:

Tanya Goddard is a qualified Life Coach who has been coaching for 18 years, helping both Business and personal clients to flourish. She aims to help you answer the most difficult questions, 'What do I want?' and 'What must change?'. Her warm and non-judgemental approach will provide you the space and encouragement to bring out the best in you and support you in maximising your retreat experience.

Your Rewilding & Fasting Guide:

Danny Shmulevitch set up The Makhad Trust in 2002 and spent two decades working with the Bedouin tribes running retreats in the desert. Now settled on May hill he runs rewilding workshops to help others 'seek stillness' and find connection in the world. The aim is to open an insight to your inner knowing to allow you to have clarity in your life.

Feedback on your hosts:

Mrs Mills Yurts:

"Absolutely lovely yurts in a beautiful setting, with a fantastic 1920s aesthetic inside, plus a cosy wood burner. The wood fired hot tubs are fantastic and there is a surprising amount of privacy outside each yurt, owing to a thoughtful layout.

The kitchen was very clean and well organised, with everything we needed inside, plus plenty of options for cooking over an open fire/firepit if preferred.

The host Nicola was extremely helpful and friendly, making contact well ahead of time, being very responsive to messages and being very accommodating of dietary requirements and any other requests we had. All in all, very impressed and thoroughly recommended!"

Tanya Goddard:

"I was going around in circles and stuck in a rut, that was until Tanya came into my life. I was excited about my next conversation with her, I came away from them feeling lighter, happier and in control of who I am. The tools she provided helped me improve my life as an individual, wife, mother and friend. I would recommend Tanya to anyone who is stuck in a rut and looking for the "What Now?" answer."

Danny Shmulevitch:

"This experience has changed the focus and direction of my life. Nature is speaking to me differently, my body feels stronger and I feel more powerful than I ever have before. Our time heralded a new chapter for me and I'm thankful to you for that."

Limited Availability & Exclusivity:

This exclusive retreat is quite unique, with the combined and heart-felt presence of your hosts, you will come away feeling more peaceful and nourished in mind, body and soul. Due to the nature of this kind of retreat, we are offering just 8 places so that your individual needs can be attended to, and you can enjoy the safe and intimate setting of a small and warm group.

Secure your place today by emailing mrsmills@mayhillglamping.co.uk to reserve your space.

The full cost of your retreat is just £680pp.

Our Commitment to your safety & well-being:

We want you to feel totally comfortable and relaxed about attending this unique and special retreat. We will be communicating with you in advance to explore both your coaching requirements, as well as any dietary or other special needs. Rest assured that

accommodation is cleaned to a high standard, and the food is prepared in 5* rated hygiene environment. Please feel free to communicate with your retreat host, or reach out to the other collaborators if you have any questions.

Your participation:

- ❖ You will be invited to complete a short pre-retreat questionnaire relating to your coaching goals and requirements, so that you maximise the 1-2-1 coaching session opportunities.
- ❖ Upon arrival on Monday 18th September, you'll be shown to your accommodation, after which you will join the other retreat participants for a welcome drink and meet your hosts. Danny will then meet with each of you separately before the welcome dinner. Tanya will also connect with you in order to book in your coaching sessions.
- ❖ We invite you to bring a notepad and pen to write your thoughts, or a diary of your experiences, and for some of the exercises you'll be invited to participate in.
- ❖ Be ready to detach yourself from your phone and devices for most of the retreat.
- ❖ Be prepared to try new foods, but also take part in the 24 hour fast, which forms part of your rewilding experience, so after dinner on Monday, your next meal will be Tuesday evening.
- ❖ Bring and wear comfortable clothing and footwear.
- ❖ Be open to participating in group discussions, but also enjoy some peace and solitude.
- ❖ Come open to the idea of connection, change, and re-alignment.

We look forward to welcoming you in September.