



WELL-BEING
RETREAT GUIDE

HENRYS ORCHARD S21

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WELCOME!

We're super excited to share our events dedicated to nurturing well-being and embracing tranquillity in natural and peaceful surroundings at Henry's Orchard. Eckington. S21 4BG (10 mins from M1 J30).

These retreats are designed to provide a peaceful escape and a chance to recharge ourselves. We'll indulge in; Yoga (with Ian Vollum from Fat Whippet), guided breathwork (with Charlie Kalas from Wim Hoff Breathwork Methods), visual meditations and guided woodland walks, all aimed at enhancing our emotional and physical health. There'll be plenty of chances to R&R in cosy quiet nooks, read, set affirmations, play games/table tennis, or obtain guidance from our Tarot cards. Whether you're looking to deepen your mindfulness practice, enjoy some relaxation, or simply spend a day surrounded by nature and good company, this retreat is ideal.

This guide will provide you with all the information you need to make the most of your stay with us.

We cherish your feedback. Please let us know how we can improve your experience during your stay or once you've reflected on your experience.

Thank you for choosing Henry's Orchard for your well-being experience. We are committed to providing a nurturing environment that encourages growth, healing, and relaxation.

Enjoy every moment of your retreat!

Warm regards, from Charlie, Ian, Rebecca & TObi

YOUR DAY

At Henry's Orchard, we offer a holistic and rejuvenating experience that seamlessly blends traditional and innovative practices for an unforgettable retreat. By combining our beautiful guided woodland walk, complimentary group yoga and breathwork with the opportunity to engage in guided imagery meditation, (and so much more) join us for a retreat that will leave you feeling refreshed, centred, and inspired all within the serene surroundings of our retreat.

Guided Woodland Nature Walk

Explore the natural beauty of Henry's Orchard with a peaceful woodland walk. As you wander through the lush surroundings, take in the sights and sounds of nature to ground yourself and clear your mind. A perfect way to start the day and acquaint with the group.

Group Yoga

In the morning Ian Vollum will lead our group through a yoga flow session to accompany the afternoon's breathwork practice lasting approximately 70 mins. Weather permitting, this session will take place outside in the sunny courtyard, or alternatively, in the studio.

Ian teaches with a hint of humour but his underlying promise is one of safety. He will keep you safe. All Fat Whippet teachers are highly trained and have been teaching internationally for over 20 years.

Wim Hof Group Breathwork

Chalie Kalas will be conducting the Wim Hof Breathwork Session for approximately 1 hour. This will take place in our dark and cosy snug. Expect to feel relaxed yet energised from this unique breath work experience. Perfect for those new to the Wim Hof Method and for those who like to be fully guided through their breath work practice.

Reiki Sessions

Availability for 121 Reiki is available on the day in place of one of the group Yoga or Breathwork sessions depending on availability. Enhance your overall well-being with the ancient energy healing technique that promotes balance and harmony within the body, supporting emotional, physical, and spiritual healing. Rebeca is Reiki Shinpiden / Master Level 3 with over 16 years experience in energy healing.

Guided Imagery Meditation

Our Celestial Cinema takes you on a journey of deep relaxation and self-discovery. Guided imagery meditation allows you to visualize calming landscapes and positive scenarios, promoting emotional healing, stress reduction, and improved creativity.

Tarot Cards & Affirmation Setting

Dive into the world of tarot and affirmation setting for deeper self-reflection and personal growth. Explore the guidance of tarot cards and set empowering affirmations to align with your intentions and goals.

AGENDA

- **9:00 AM - Arrival and Welcome**

- Light refreshments served (herbal tea/coffee & infused water)
- Brief introduction to the retreat and overview of the day's activities

- **9:30 AM - Guided Woodland Nature Walk**

- Engage in a peaceful walk through the woods, focusing on mindfulness and connection with nature

- **11:00 AM - Group Yoga with Ian Vollum**

- **12.30PM - Lunch and Free Time**

- Serve a nutritious lunch with options for different dietary needs
- Free time for activities*, personal reflection or quiet relaxation

- **1:30 PM - Wim Hof Breathwork with Charlie Kalas**

- **2:30PM - Reflections and Feedback**

- **3:00PM - Departures**

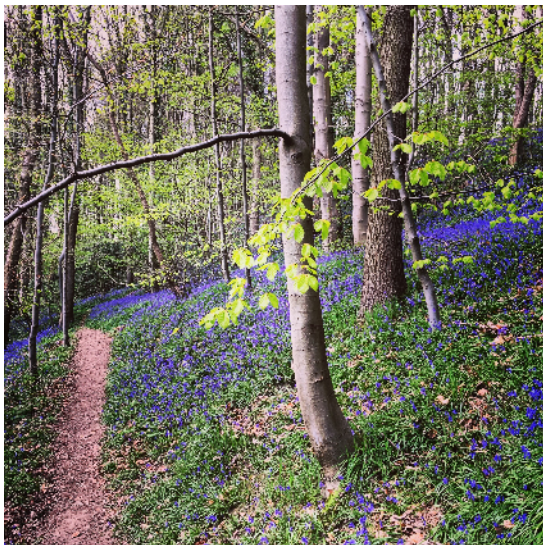
GUIDED WOODLAND NATURE WALK

Discover the Tranquil Beauty of Eckington Woods. Nestled in the serene landscape of S21, Eckington Woods offers an idyllic setting for a rejuvenating retreat away from the hustle and bustle of daily life. As you step into these lush woods, you are greeted by the gentle rustle of leaves, the melodies of chirping birds and the murmur of babbling brooks

The area boasts a rich tapestry of mature trees and vibrant undergrowth, creating a peaceful haven for all who visit. Eckington Woods is renowned for its breath taking scenery and diverse wildlife. The paths meander through a variety of flora, offering picturesque views and opportunities for quiet contemplation or intimate conversation.

Each trail invites you to connect deeply with nature, whether you are seeking inspiration along the creek, finding peace in the shaded groves, or exploring the diverse habitats that flourish here. The woods are not only a place for physical wandering but also a space for spiritual renewal. The natural beauty of the area enhances mindfulness and meditation practices, making it an ideal location for our retreats. Here, every breath is a fresh intake of nature's purity, and every step is a move towards inner calm.

The walk should take approximately 1 hour. Please inform us if you have any concerns about participating in a 6k step walk that is mostly flat but occasionally uneven.





GROUP YOGA WITH IAN

Ian Vollum was born & raised in England, spending most of his adult life abroad, (France, then over 20 years in the USA). Missing real fish & chips he returned to the UK in 2014 bringing over 16 years of yoga practice and teaching with him. Ian says "I started Fat Whippet in 2017 with the idea of building yoga communities in the local area. I'm honoured that Fat Whippet has found a new home at Sycamoreiki."

"I've experienced many types of yoga before finding a rhythm that suits me and if I had to identify my 'style' it might be 'Mongrel Yoga'. "A little bit of this, quite a lot of that, and here's something I certainly didn't prepare earlier..." Some people think I'm just making up my flows on the spot- and they might be right. To me yoga is a dance of the breath, with the body as the (sometimes unruly) partner. The energy will be different on any given day- just as the mind/body engagement can differ daily. So you might rock up to my class feeling a bit down dog & leave as an exalted pigeon. We might be warrior archers, we might be a Sun Goddess, then again, we might be salsa dancing.

About my class I'm not into forced pretzel like bends& twists. I'm looking for a steady breath and a few smiling faces. A flow class then will consist of a series of connected poses; there will be options to go deeper and options to go lighter. If in doubt, stay where you are. After a gentle warm up we'll create some heat: variations of Sun Salutations are usually on the menu, before finding a couple of deeper poses to hang out in."

We're thrilled to welcome Ian to our September 11th retreat, and we look forward to having him join us for many more in the future!





WIM HOF BREATHWORK SESSION WITH CHARLIE

Led by experienced and certified instructor Charlie Kalaš, this unique class delves into the transformative power of Wim Hof's breathing techniques. The Wim Hof Method has gained global recognition for its ability to enhance focus, reduce stress, and boost overall well-being, making it an exceptional complement to this wellness day experience.

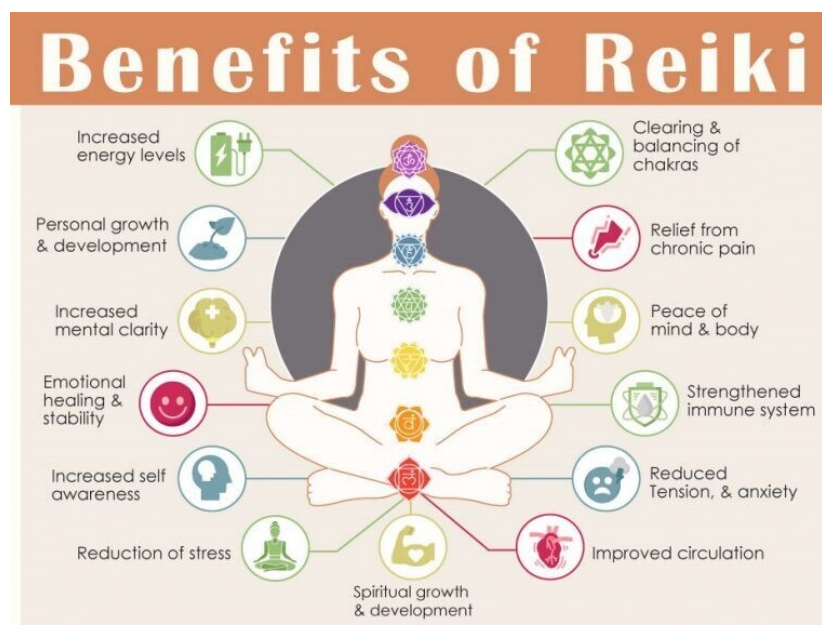
This class will teach you how to switch off completely from the hustle, bustle and chaos of the outside world. Learn how to calm your thoughts and still the 'monkey mind' and allow yourself to connect the breath, body and mind and go deep into a peaceful meditation.

Whether you're a seasoned practitioner or new to Wim Hof's methods, this class is tailored to accommodate all levels, offering a safe and supportive environment to explore and deepen your practice. Prepare to embark on a journey of self-discovery, unlock your potential, and embrace the incredible benefits of the Wim Hof Method within the calming ambiance of our snug at Henry's Orchard.



1-2-1 REIKI SESSIONS WITH REBECCA

Rei (Universal) ki (Life Energy) is a gentle and non-invasive form of energy healing that originated in Japan. It works on the principle that all living beings possess a vital life force energy, and when this energy becomes imbalanced or blocked, it can lead to physical, emotional, or mental discomfort. We use hands-off techniques to channel and direct this energy, aiming to restore balance and promote healing. Reiki sessions typically induce deep relaxation, reduce stress, alleviate pain, and support overall well-being.



30 minute 1-2-1 Reiki sessions will be scheduled and communicated on arrival if not before. If you have a preferred timeslot then please make Rebecca aware beforehand so we can accommodate. Observations and findings reports will be issued within several days of the retreat.

Before your Reiki session, please review the following information to understand what the treatment involves and what to expect during your experience.

Reiki is Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

We ask that alcohol isn't consumed within 24 hours of treatment otherwise our energies are permeable. This can have a negative effect on both the practitioner and recipient. Best to wear comfortable, loose clothing and warm socks. The treatment bed is heated, and a blanket is provided so plenty of warmth if needed. You'd remain fully clothed whilst laying down with your eyes closed. The treatment itself should last 25-30 mins.

I start with hands on the crown and finish hands on feet for grounding and closing the session. During the rest of the session, you get to relax (perhaps even sleep) whilst I work around you hands-off. We can discuss your treatment beforehand or upon arrival. You can either let me know if there's anything specific you want me to target during the session, depending on how you're feeling and if anything, particularly stands out as needing attention. This can be physical or emotional. I'm also happy to scan your aura and use a quartz pendulum to gauge any area's which may need attention/ realigning. Otherwise, we can do a bit of both and that way we cover all aspects.

You may feel increased heat/cold, tingling and/or see colours. You may not experience any of these but that doesn't mean it isn't working. At the end of the session, I can give you feedback if you wish (not everyone wants this) and/or a chat about how you feel. Everyone can respond to Reiki differently but ultimately you should feel lighter, cleansed and relaxed albeit a little bit fuzzy at first perhaps. I recommend you drink plenty of water to flush any toxins out and avoid alcohol shortly afterwards (ideally another 24 hours).



GUIDED IMAGERY MEDITATION

Our Guided Imagery Meditation, within the Celestial Cinema, is a transformative experience designed to take you on a journey of relaxation and self-discovery. This immersive meditation practice combines calming narration, soothing music, and serene visual imagery to guide you into a deep state of relaxation. You are invited to visualize tranquil landscapes and serene environments, helping you escape the stress and distractions of daily life. This practice allows you to tap into your imagination, promoting emotional healing, stress reduction, and enhanced creativity. As you immerse yourself in the soothing sounds and visuals, your mind is gently guided towards a place of calm and tranquility.

This meditative journey can provide clarity of thought, reduce anxiety, and cultivate a sense of inner peace. Whether you are new to meditation or a seasoned practitioner, this offers a unique and deeply relaxing experience that leaves you feeling refreshed and rejuvenated. Let your mind wander through this captivating journey as you discover new perspectives on yourself and the world around you.



NOVOBEING VIRTUAL REALITY BREATHWORK & MEDITATION

Our Novobeing Virtual Reality Breathwork & Meditation experience offers a cutting-edge approach to achieving deep states of relaxation and mindfulness. By merging advanced virtual reality technology with time-honoured breathwork and meditation practices, you are guided on a journey to enhance your overall well-being.

During the session, you will wear a Meta Quest VR headset to immerse yourself in tranquil, otherworldly environments carefully designed to soothe your senses and calm your mind. As you breathe in sync with the guided instructions, the VR experience helps you focus, allowing you to deepen your breathwork practice and reach a meditative state more effectively. This unique combination of technology and wellness promotes mental clarity, emotional balance, and physical relaxation.

You'll leave the session feeling centred and rejuvenated, with a greater sense of self-awareness and connection to your body and mind. Novobeing Virtual Reality Breathwork & Meditation is suitable for all levels of experience, providing a transformative and personalized journey toward inner peace and optimal health. Let yourself be guided through this immersive experience and discover the benefits of this innovative practice.



T-OBI PAWS-ITIVELY PERFECT PICK-ME-UPS!

Obi is our 7 year old Cockerpoo who loves snuggling up to people and chasing squirrels. We understand if you're not comfortable with Obi joining in on the retreat but everyone who meets him always have paws-itive words to say about him...they often want to take him home. Let us know if you have concerns and we'll make arrangements.

Coming soon is our new Miniature Poodle Tobi...We cant wait him to arrive at Henry's Orchard on the 20th July for endless cuddles!!



CHECK LIST

Contraindications

Please be assured that your experience will be held safely and fit for purpose to meet your needs. Please let me know directly if you can answer 'Yes' to the following key questions and supply details as necessary:

1. Are you less than 13 weeks' pregnant?
2. Do you have a pacemaker, metal implants or plates fitted in your body?
3. Do you have seizures of any kind?
4. Have you recently had surgery or any medical procedures?
5. Do you have any ongoing physical or mental health conditions?

Rest assured as a professionally trained sound practitioner, this information will be treated in the strictest of confidence.

Dietary requirements

Please let us know of any dietary requirements before arrival so we can accommodate.

Suggestions on what to bring

- Walking boots - it gets muddy in the woods. We have an outdoor shower you can wash them down with after the walk.
- Yoga mat for both yoga and breathwork group sessions.
- Sliders/crocs are useful if it's a sunny day and you want to enjoy the outside space. ..nice and easy to slip in and out of.
- Comfy layers and waterproofs, especially if weather is forecasting rain.
- Water bottle - Feel free to fill up your bottle before leaving on our walk at our 'Hydration Station'.
- Comfy socks are a must for lounging around and enjoying your treatments.

Before arriving consider ... What do you want to get out of your day at Henry's Orchard? Is there anything specific you'd like to work on physical or emotionally? If you own a journal then feel free to bring along.

ADDITIONAL WELLNESS OFFERINGS

In addition to our retreats at Henry's Orchard we offer bespoke well-being private events tailored to your requirements and budget including but not limited to; Reiki, Sound Bathing, Breathwork, Grounding, Forest Bathing, Yoga & Art Therapy. Perfect for intimate, friendly and personal/corporate events.

At Henry's Orchard, we understand that each group of retreat attendees has unique needs and preferences. That's why we offer the flexibility to provide additional treatments based on the interests and requests of the attendees on any given day. We can tailor our offerings to ensure you receive the most impactful and personalized experience possible. Let us know your preferences with as much notice as possible, and we'll work with you to create a customized retreat journey that meets your specific wellness goals.

Treatment	Price Per Person/Per Hour
Yoga (in/outdoor)	£25
Sound Bathing	£25
Breathwork	£25
Art Therapy	£25
Reiki	£25

Contact Rebecca on 07719 483 562 for more details

GALLERY

