



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).

This retreat is designed to provide a peaceful escape and a chance to recharge ourselves. We'll indulge in; 1-2-1 Reiki, sound healing, guided meditations, breathwork, yoga 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, Rebecca & Obi

# 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, imagery meditation, virtual reality breathwork and meditation, hot and cold therapy, reiki, and 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.

## **Reiki Sessions**

Enhance your overall well-being with our soothing reiki sessions. Reiki is an ancient energy healing technique that promotes balance and harmony within the body, supporting emotional, physical, and spiritual 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.

## **Novobeing Virtual Reality Breathwork & Meditation**

Experience the transformative power of Novobeing Virtual Reality Breathwork & Meditation. By combining cutting-edge virtual reality technology with advanced breathing techniques, you can achieve profound states of relaxation, mental clarity, and emotional balance.

## **Hot Tub and Cold Shower**

Awaken your senses with our invigorating hot tub and cold shower experience. The hot tub soothes your muscles and eases tension, while the cold shower provides a refreshing burst of energy. This thermal contrast therapy enhances circulation and revitalizes your body.

### **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.

### **Games, Books, and Outdoor Activities**

Enjoy a variety of games and activities to engage your mind and body. Read books that inspire and educate, and, when the weather permits, participate in outdoor activities such as table tennis, relaxing on hammocks, and grounding yourself under our majestic sycamore tree.

*Your day will flow like this...*

- **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 - 1-2-1 Reiki Sessions**

- Individual Reiki sessions to balance energy and promote physical and emotional healing.

- **Noon - Lunch and Free Time**

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

- **1:00 PM - 1-2-1 Reiki Sessions**

- Individual Reiki sessions to balance energy and promote physical and emotional healing

- **2:30PM – Close**

- **2:50PM – 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.

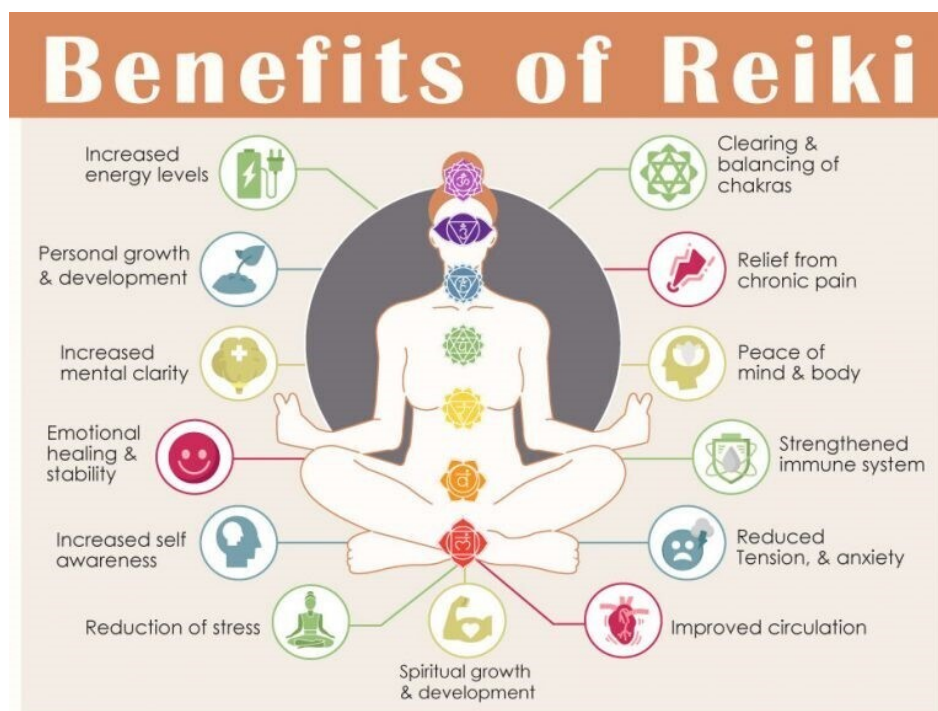


Each trail invites you to connect deeply with nature, whether you are seeking inspiration along the creek, finding peace in the shaded groves, or exploring the diverse habitats that flourish here. The woods are not only a place for physical wandering but also a space for spiritual renewal. The natural 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.

## 1-2-1 REIKI SESSIONS

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.



## OUTDOOR HOT TUB & SHOWER

Our Outdoor Hot Tub and Shower experience at Henry's Orchard provides the perfect opportunity to unwind, relax, and rejuvenate in a serene natural setting. This invigorating combination offers a unique approach to wellness by balancing the contrasting sensations of hot and cold therapy.

### Hot Tub

*Soothing Warmth:* Immerse yourself in the soothing warmth of our outdoor hot tub. The comfortably heated water eases muscle tension, promotes circulation, and calms your mind, allowing you to release any built-up stress.

*Tranquil Environment:* Surrounded by nature, our hot tub provides a tranquil escape from the demands of daily life. Enjoy the sights and sounds of the outdoors as you soak, finding peace and relaxation.

### Hot & Cold Shower

*Refreshing Coolness:* After your hot tub session, invigorate your body with our outdoor cold shower. The refreshing burst of cool water awakens your senses and provides an instant energy boost.

*Thermal Contrast Therapy:* Alternating between the hot tub and cold shower offers thermal contrast therapy, which can enhance circulation and reduce inflammation. This practice leaves you feeling revitalized and more connected to your body.



Experience the benefits of our Outdoor Hot Tub and Shower as part of your holistic wellness journey. The combination of warm and cool water promotes relaxation, rejuvenation, and a sense of overall well-being. Whether you are seeking stress relief or simply want to enjoy a moment of tranquility, our outdoor setup is the perfect place to unwind and recharge.

## OBI - PAWS-ITIVELY PERFECT PICK-ME-UP!

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.



# 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.
- 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. Towel and dressing gown also for Hot Tub usage.
- 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

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.

<b>Treatment</b>	<b>Price Per Person/Per Hour</b>
Yoga (in/outdoor)	£25
Sound Bathing	£25
Breath Work	£25

**Contact Rebecca on 07719 483 562 for more details**



# GALLERY

