

WOMENS
WELL-BEING
WEDNESDAY
RETREAT

22ND MAY 2024 - 9AM-3.30PM - HENRYS ORCHARD S21

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WELCOME!

We're super excited to share our first event dedicated to nurturing well-being and embracing tranquillity in natural and peaceful surroundings.

Location: Henry's Orchard. Eckington. S21 4BG

Date: Wednesday, May 22nd

Time: 9:00 AM - 3:30 PM

This retreat is designed to provide a peaceful escape and a chance to recharge ourselves. We'll indulge in; 1-2-1 Reiki (Rebecca Wilson), sound healing (Maria Atherley), 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, Maria & Obi

YOUR DAY

- **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 - Reiki Sessions (Rebecca Wilson)**

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

- **11:55 AM - Lunch and Free Time**

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

- **12:45 PM - Sound Bathing (Maria Atherley)**

- Participate in a sound bath session to promote deep relaxation and healing

- **13:45 PM - Reiki Sessions (Rebecca Wilson)**

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

- **3:30PM – Close**

- **3:50PM – Departures**

Relax and unwind amongst the quiet spaces available. Some suggestions for ***Activities** include; Tarot Cards, Games, Read books, (Outside weather permitting) - Table tennis, Hammocks, Sycamore tree grounding.

9:30 AM: 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.

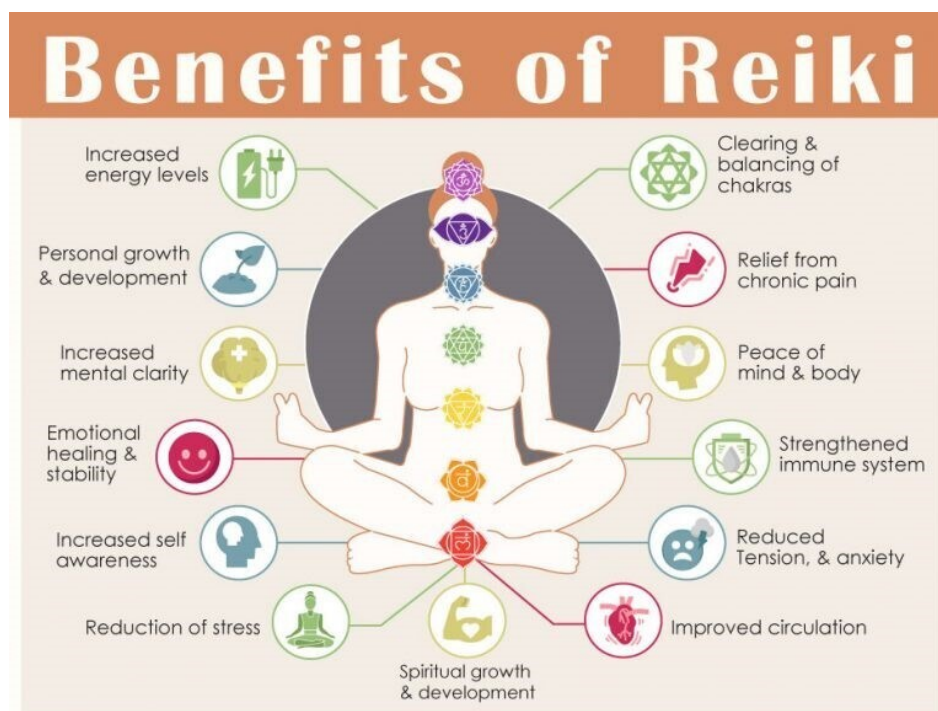


Each trail invites you to connect deeply with nature, whether you are seeking inspiration along the creek, finding peace in the shaded groves, or exploring the diverse habitats that flourish here. The woods are not only a place for physical wandering but also a space for spiritual renewal. The natural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

11.30AM & 1PM: 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).

12:45 PM - SOUND BATHING

We are, by definition, vibratory beings. Our bodies resonate at a frequency, just as the Earth herself does. When we are 'in tune' and balanced, all is well, but when our frequencies are dissonant or in a state of 'dis-ease', we develop physical, emotional and psychological symptoms. Sound therapy works to support and bring all aspects of the human, back into a resonant, balanced state. Working across a spectrum of higher vibrational frequencies, using a variety of ancient, as well as very precise instruments – the body, mind and soul can be re-balanced and a sense of 'wholeness' returned.



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.



TICK 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. Do you knowingly have any condition (including tinnitus) triggered by sound?
5. Have you recently had surgery or any medical procedures?
6. 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.
- 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.
- Yoga mat, blanket and a cushion are handy for the sound therapy session...however we have plenty of cushions and blankets if you need to borrow...no problem!

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.

WHERE TO FIND US

1



What three words
'fortunes.defected.bongo'

2



There should be enough secure and private parking for 4 guest cars depending on size of vehicles.

Contact Rebecca on 07719 483 562 for any assistance

SEE YOU SOON

xx

