



UNLOCKING YOUR DNA
WORKSHOP

HENRYS ORCHARD S21

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WELCOME!

We're super excited to introduce you to the 'Unlock Your DNA' workshop situated in natural and peaceful surroundings at Henry's Orchard. Eckington. S21 4BG (10 mins from M1 J30).

This 6-hour workshop is designed to help participants explore and optimize their purpose, passion, potential, and performance using the Japanese concepts of Ikigai (life purpose), Kaizen (continuous improvement), and Hansei (self-reflection).

The day will begin with a 1-hour guided Shinrin Yoku (forest bathing) session in our stunning local woodland (5 mins walk from the retreat), helping participants ground themselves in nature before diving into practical exercises and reflections.

Each attendee will receive a personalized DNA Report before the event, providing an overview of their unique traits, strengths, gifts and much more. This serves as a foundation for the day's sessions, guiding participants toward deeper self-awareness and personal growth in alignment with their true self.

Reiki (Energy Healing) sessions can also be booked to help identify areas to help focus on (before) the workshop or to heal (thereafter).

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 learning experience!

Warm regards, from Rebecca & TObi

AGENDA

9:00AM-10:30AM: Shinrin Yoku - Forrest Bathing

Ground participants and prepare their minds and bodies for the workshop by connecting with nature through Shinrin Yoku. Participants should wear comfortable clothing and footwear suitable for walking in the woods.

- Welcome and Introduction
- Silent Forest Walk
- Sensory Engagement
- Reflection
- Group Sharing

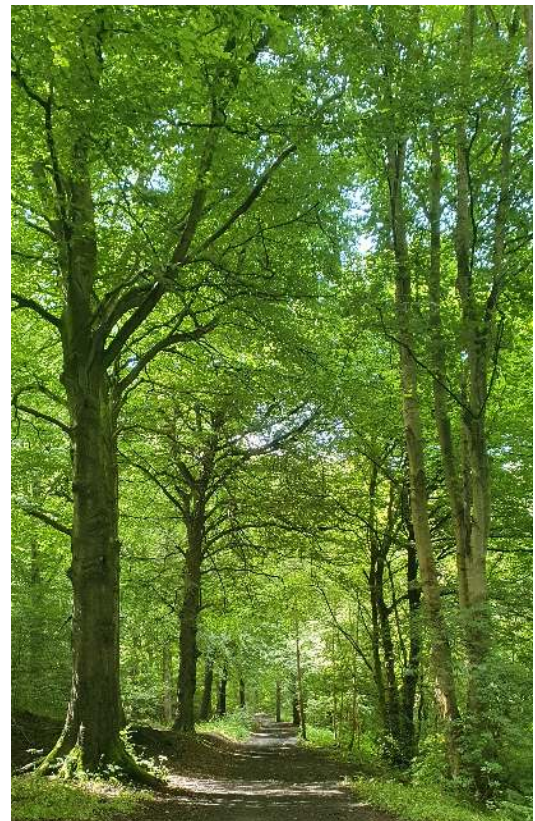
10:30AM-11:30AM: Discovering Your Ikigai – Aligning Purpose with Passion

Guide and support participants in identifying their Ikigai by exploring the four elements: what they love, what they're good at, what the world needs, and what they can be paid for.

- Introduction to Ikigai
- Ikigai Discovery Exercise
- Partner Sharing

11:30AM-12:15PM: Kaizen – Small Steps Toward Continuous Improvement

Introduce the concept of Kaizen as a method for achieving continuous improvement in personal and professional areas, focusing on small, incremental steps toward growth.



- Introduction to Kaizen
- Identifying Areas for Improvement
- Kaizen Goal-Setting Exercise

12:15 PM - 12:45 PM: Lunch Break Participants enjoy a light lunch (provided).

12:45 PM - 1:30 PM: Hansei – The Power of Self-Reflection for Continuous Growth

Introduce Hansei (self-reflection) as a tool for acknowledging mistakes and areas for improvement, leading to personal and professional growth.

- Introduction to Hansei
- Hansei Reflection Exercise
- Action Planning

1:30 PM - 2:15 PM: Integrating Ikigai, Kaizen, Hansei and Shinrin Yoku for Optimal Performance

Integrate the concepts of Ikigai, Kaizen, Hansei and Shinrin Yoku into a comprehensive framework for achieving full potential in work and life.

- Connection Between Ikigai, Kaizen, Hansei and Shinrin Yoku
- Practical Integration Exercise
- Group Sharing and Q&A

2:15 PM - 3:00 PM: Action Plan and Final Takeaways

Participants are to have clear, actionable steps they can take away and implement with post workshop support and mentoring available.

- Action Plan Development
- Group Sharing and Final Thoughts

Workshop Takeaways

- A clear understanding of Ikigai and how to align work and life with personal purpose.
- Practical knowledge of Kaizen for continuous improvement through small, daily actions.
- Tools for practicing Hansei, using self-reflection to assess progress and refine actions.
- Guidelines on how to incorporate Shinrin Yoku into daily life to enhance meditative mindfulness, helping to cultivate a deeper connection with nature and promote mental clarity, relaxation, and well-being.

SHINRIN YOKU

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

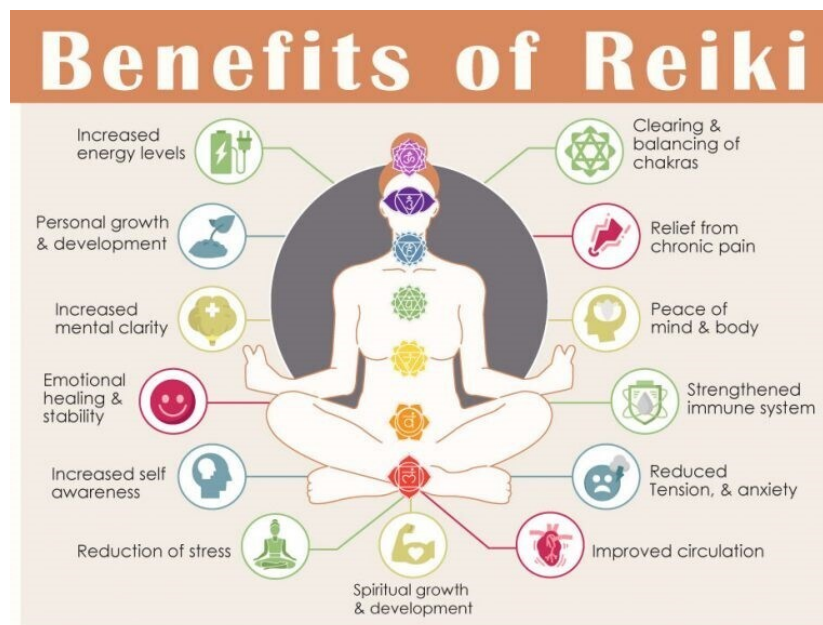
The area boasts a rich tapestry of mature trees and vibrant undergrowth, creating a peaceful haven for all who visit. Eckington Woods is renowned for its breath taking scenery and diverse wildlife. The paths meander through a variety of flora, offering picturesque views and opportunities for quiet contemplation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

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.



1-2-1 Reiki sessions will be scheduled before or after your workshop.

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).

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.
- 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.

PRICING

DNA Retreat Workshop @ Henry's Orchard S21 or Offsite - £69pp

Pre-workshop Consultation Your unique DNA Discovery Report

Course notes worksheets & journals

Healthy lunch, snacks & refreshments

Ongoing support with your DNA Mentor

Parking

Dates Available

Jan 29th

Feb 26th

Mar 26th

121 Course & Mentoring – £349pp

Pre-workshop Consultation

Your unique DNA Discovery Report

Course notes, worksheets & journals

Ongoing support with your DNA Mentor

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.

GALLERY

