

TRANSFORMATIONAL RETREATS

PRESENT

# LAKES RETREAT

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LANEHEAD - CONISTON

11TH-14TH SEPTEMBER '23

BOOKINGS AVAILABLE NOW

# TRANSFORMATIONAL RETREATS

ENJOY THIS WEEKDAY RETREAT IN THE STUNNING SURROUNDINGS AT  
LANEHEAD RETREAT CENTRE, CONISTON.

TAKING PLACE IN A HISTORIC PERIOD PROPERTY, SURROUNDED BY  
BREATHTAKING COUNTRYSIDE, THIS RETREAT WILL HOLD HOST TO 3  
DAYS OF CEREMONY, COLD WATER THERAPY, SHAMANIC PRACTICES,  
TRANSFORMATIONAL BREATH WORK, SOUND THERAPY, RELAXATION  
AND NOURISHING FOOD.

HELEN, SHARON AND ANDREAS WILL PROVIDE AN EXPERIENCE TO  
ENABLE YOU TO SWITCH OFF FROM THE EVERYDAY AND FOCUS YOUR  
AWARENESS AND LOVE ON YOUR BODY, MIND AND SPIRIT.

DURING THE 3 DAYS YOU WILL HAVE THE FREEDOM TO CHOOSE FROM A  
VARIETY OF HEALING CEREMONIES AND PRACTICES TO MAKE UP YOUR  
DAY.

THROUGHOUT YOUR TIME SPENT IN THIS BEAUTIFUL SETTING YOU WILL BE HELD AND FULLY SUPPORTED BY HELEN, SHARON AND ANDREAS. THE WORKSHOPS AND CEREMONIES THEY WILL INVITE YOU TO TAKE PART IN WILL PROVIDE YOU WITH TOOLS FOR SELF HEALING, RELEASING DEEP, EMOTIONAL TRAUMAS AND TO SUPPORT YOU IN YOUR PERSONAL TRANSFORMATION. YOUR BODY WILL BE NOURISHED WITH LOCALLY SOURCED, ORGANIC PRODUCE COVERING A RANGE OF DIETARY REQUIREMENTS AND WILL BE WELL RESTED WITHIN THE COMFORT OF THE LANEHEAD RETREAT CENTRE.

IT IS WITH EXCITEMENT, LOVE AND JOY THAT HELEN, SHARON AND ANDREAS INVITE YOU TO JOIN THEM IN THIS BEAUTIFUL, NATURAL SPACE TO GIVE YOURSELF THE TIME AND ENERGY FOR A WELL DESERVED MOMENT OF SELF LOVE.



MONDAY 11TH

6 PM-7 P M DINNER

7 PM-8 PM INTRODUCTION/SHARING CIRCLE

TUESDAY 12TH

7AM-8AM- COLD WATER THERAPY

8:30AM-9:30AM- BREAKFAST

10AM-11PM- TRANSFORMATIONAL BREATH WORK

1PM-3 PM- LUNCH

4 PM-6 PM - SHAMANIC JOURNEY WORKSHOP

6 PM-7 PM - DINNER

7 PM-9 PM - SOUND BATH & YOGA NIDRA

WEDNESDAY 13TH

7AM-8AM- COLD WATER THERAPY

8:30AM-9:30AM- BREAKFAST

10AM-11PM TRANSFORMATIONAL BREATH WORK

1PM-3 PM- LUNCH

3 PM-6 PM- FREE TIME

6 PM - 8 PM - PRAYER TIES & FIRE CEREMONY

8PM - 9PM DINNER

THURSDAY 14TH

8AM - 9PM

# TRANSFORMATIONAL RETREATS

## TIME/DATE:

15:00. 11TH SEPTEMBER '23

09:00- 14TH SEPTEMBER '23

## BOOKING:

EXCHANGE - £650 PP BASED ON SHARING A ROOM WITH 4 PEOPLE

£100 NON-REFUNDABLE DEPOSIT TO SECURE YOUR PLACE.

BALANCE PAID BY 1ST AUGUST '23

CONTACT HELEN, SHARON OR ANDREAS

REF: YOUR NAME AND LANEHEAD

## CONTACT DETAILS:

HELEN O'BRIEN - 07900 082 08

SHARON O'NEILL - 07919 203 061

ANDREAS RAGAVELAS - 07498 856 375