



SoulSimple Cotswolds Retreat UK
Wellbeing Retreats & Treatments Portfolio

SoulSimple Cotswolds Retreat UK

A complete sanctuary for mind, body & spirit.

www.soulsimple.co.uk

Welcome . welcome . welcome .

We're so happy you've found us!

Immerse yourself in the power and beauty of nature. Find yourself in a 600 acre secret valley, bejewelled with emerald lakes in The Heart Of The Cotswolds. Staying at SoulSimple Retreat is a full holistic wellness and nature immersion experience.

We create a very nurturing, safe and magical space for you to:

Truly relax, explore yourself and discover lifelong health and wellbeing.

We specialise in 1-to-1 retreats, couples retreats and small intimate group retreats.

TIME TO LOOK AFTER YOURSELF

This is a place of total relaxation and restoration. A magical place of transformation. Here you will find the space and support you need to relax, heal and make the changes you truly want.

We are here to totally support you on your journey. Feel free to ask us questions about anything we offer :-)

MASSAGE - TREATMENTS - YOGA - FOREST BATHING - FITNESS - BOTANY -
MEDITATION - EMBODIMENT - CLEANSE - HEALING - ART
BREATH - DANCE - SOUND - CRYSTALS

Here are some of the benefits you will experience from gifting yourself time here:

- Total relaxation
- Serenity and calmness of mind
- Increased self-awareness
- Boost your energy levels
- Bring yourself back to aliveness
- Ability to deeply listen and observe yourself
- Experience innate wisdom, insight and clarity
- Transform the way you experience life

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SOULTOUCH

BOOK BEAUTIFUL MESSAGES:

Swedish full body & head: **70mins: £120**

Full Bodywork treatment: **70 mins: £120**

Full body aromatherapy: **70 mins: £120**

Women's womb & fertility massage: **70 mins £120**

Candlelit 4 hands massage: **70 mins £195**

Candlelit Couples massage: **70 mins: £195**

Candlelit Mother & daughter massage: **70 mins: £195**

Candlelit Best friends massage: **70 mins: £195 for 2 friends. £295 for 3 friends. £495 for 4 friends.**

SPECIAL HOLISTIC TREATMENTS:

Angelic Reiki : **70 mins £120**

Energy Shift: **70 mins £120**

Crystal healing: **70 mins £120**



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NURTURED WOMAN

We have created a unique collection of healing treatments and retreats, especially for women to meet and nourish you on your retreat.

Nurtured Woman: COCOONING TREATMENT (2 hours)

This is a time to go deeply inwards and be completely held in a profoundly safe and nurturing space for deep transformation. You are massaged and wrapped in traditional mexican fabrics (called rebozo's) and it's like being in a chrysalis - a space of powerful transformation! In the cocoon you will receive guided visualisations and angelic energy healing. As part of the session you will be shown self massage to nurture yourself at home.

£195

Nurtured woman: WOMB HEALING & FERTILITY MASSAGE (2 hours)

In a beautifully nurturing ambience connect more deeply with your creative centre and empower the feminine throne within. Awaken ancient body wisdom. This treatment combines massage, shiatsu and angelic energy healing. As part of the session you will be shown self massage to nurture yourself at home.

£195

Nurtured woman: THE DIVINE FEMININE RETREAT (3 hours)

- 30 min: Golden light guided heart meditation
- 60 min: Divine Mother rebirthing breathwork journey with angelic crystal alchemy singing bowls
- 90 min: Womb healing & fertility massage

£295

Nurtured woman: THE DIVINE MOTHER RETREAT (5 hours for 2-4 women)

- 30 min: Golden light guided heart meditation
- 120 min: Sitting in a circle in a sacred Divine Ceremony and sharing the ritual womb rite of the Munay Ki.
- 90 min: Candle light cacao ceremony with drum journey
- 60 min: Full body massage

£495 - 2 people

£595 - 3-4 people

RETREAT PACKAGES

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RELAX & RENEW RETREAT (3 hours):

- 30 min: Guided meditation
- 60 min: Be Gentle yoga session
- 30 min: SoulSound crystal alchemy singing bowls & angelic Reiki sound bath.
- 60 min: Massage of your choice
- Relax with a seasonal herb tea & delicious cake

£295 - 1 person

£395 - 2 people

£495 - 3-4 people

COUPLES RETREAT (3 hours):

For 2 people

- 30 min: Breathe and meditation
- 60 min: Couples yoga
- 60 min: Couples massage
- Hot tub
- Relax with a seasonal herb tea & delicious cake

£295 per couple

COUPLES TRANSFORMATION RETREAT (3 hours):

Deepen your connection, embrace abundance, let go and deeply relax

- 30 min: Meditation and stillness practice
- 60 min: Rebirthing breathwork session
- 60 min: Finishing with an hour of massages together in candle light
- 30 min: Relax with a seasonal herb tea & delicious cake

£295 per couple

LIVING LIBERATION RETREAT (3 hours):

Find out who you are.



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- 30 min: Meditation and stillness practice. Learning how to un-contain ourselves
- 60 min: Delve into your innermost essence - a deeply guided session deep into the body
- 60 min: Massage in candle light.
- 30 min: Relax with a seasonal herb tea and delicious cake

£295 - 1 person

£395 - 2 people

£495 - 3-4 people

MOTHER & DAUGHTER RETREAT (3.5 hours):

- 20 mins: Guided meditation journey
- 60 mins: Transformational breathwork
- 40 mins: Relaxing SoulSound crystal alchemy singing bowls and angelic Reiki sound bath
- 60 mins: Candle lit massage for 2
- 30 min: Relax with a seasonal herb tea and delicious cake

£360 per couple

DEEP DIVE TRANSFORMATION RETREATS (9.30am - 5pm):

- 9.30am - 30 mins: Guided meditation journey
 - 60 mins: Transformational breathwork
 - RELAXATION & HERBAL TEA & SHARE
- 12pm - 60 mins: SoulSound crystal alchemy singing bowls & angelic Reiki sound bath
 - Relaxation
- 1.30pm - DELICIOUS VEGETARIAN LUNCH
 - 60 mins: Candle lit massage
 - 60 mins: Wood fired hot tub
 - Relax with a seasonal herb tea & delicious cake

£395 - 1 person

£495 - 2 people

£595 - 3-4 people

CREATIVE WISDOM RETREAT (9.30am - 5pm):

- 9.30am - 30 mins: Guided meditation

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- 120 mins: SoulScapes painting journey. Painting from your inner being with spontaneity & freedom. Revealing hidden messages & summoning your unbounded wisdom.
- RELAXATION & HERBAL TEA & SHARE
- 12pm - 60 mins: SoulSound crystal alchemy singing bowls & angelic Reiki sound bath
- Relaxation
- 1.30pm - DELICIOUS VEGETARIAN LUNCH
- 120 mins: SoulScapes painting journey. Painting from your inner being with spontaneity & freedom. Revealing hidden messages & summoning your unbounded wisdom.
- Relax with a seasonal herb tea & delicious cake

£395 - 1 person

£495 - 2 people

£595 - 3-4 people

WOMENS DEEP RELAXATION 1 to 1 RETREAT (9.30am - 5pm):

- 9.30am - 30 mins: Guided meditation journey
- 90 mins: Restorative Yin yoga
- 30 mins: Doodling & journaling
- RELAXATION & HERBAL TEA & SHARE
- 12pm - 60 mins: SoulSound crystal alchemy singing bowls & angelic Reiki sound bath
- Relaxation
- 1.30pm - DELICIOUS VEGETARIAN LUNCH
- 60 mins: Candle lit massage
- 60 mins: Wood fired hot tub
- Relax with a seasonal herb tea & delicious cake

£395 - 1 person

£495 - 2 people

£595 - 3-4 people

SOULBOOST

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SoulBoost: Smoothie and juice programmes to cleanse, detox and nourish your body.

All prices include a 60 minute consultation about cleansing and detoxing the body, with a demonstration on how to juice and what to juice in order to support you at home.

3 smoothies / juices a day - £95 (You'll still be eating food)

5 smoothies / juices a day - £115 (You'll still be eating food)

7 smoothies / juices a day - £135 (No food)

If you want to do further days of SoulBoost, the supplementary charge is:

3 smoothies / juices a day - £45

5 smoothies / juices a day - £65

7 smoothies / juices a day - £75

Special Cleanses:

IMMUNE BOOST

GUT CLEANSE

ULTIMATE DETOX

SIGNATURE CLEANSE

DIGESTIVE SUPPORT

CLARITY

RELAX

1 day £85 per day

SOULBREATHE

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SoulBreathe: Life changing breathwork sessions. Breathe yourself to freedom...the Sacred Breath transforms everything.

SoulBreathe: Intro to Dynamic Breath-work Session (1.5 hours):

1-to-1 - £165
Couples - £195
3+ people - £295

SoulBreathe: Rebirthing Breath-work Session (1.5 hours):

1-to-1 - £165
Couples - £195
3+ people - £295

SoulBreathe: Wim-Hoff Style and Cold Water (2 hours):

Takes place outside in the secret valley and lake

1-to-1 - £185
Couples - £195
3-4 people - £295

SOULSHINE

SoulShine: 1-to-1 and Group Yoga Retreats in our beautiful Cotswolds yoga studio.

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Here is a list of mini yoga retreats we offer. They are tailored to all abilities & every age. Each retreat is 2 hours with meditation and deep relaxation.

1-to-1 - £185

Couples - £195

3+ people - £295

SoulShine: BE GENTLE YIN YOGA

A deeply restorative nurturing practice, completely slowing down, soothing your nervous system and allowing the interconnective tissues and fascia to open.

SoulShine: COUPLES YOGA

Postures, breath and massage that celebrate unity, exploring the incredible benefits of working with a partner.

SoulShine: HEART & SOUL YOGA

Heart opening postures and movement, breathwork & alignment. Bathe in the beauty of your heart.

SoulShine: EARTH & FIRE YOGA

Kundalini inspired yoga, movement & breath. Harmonise the elements within. Break through limiting beliefs & energies.

SoulShine: SOUL ALCHEMY YOGA

Experience your soul power, your essence, through an exquisite blend of yoga, movement, chant and breath.

SOULSTILL

Meditation in our beautiful yoga studio in the Heart of the Cotswolds.



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SoulStill: Dynamic Meditation (1.5 hours):

Mastering the art of letting go and allowing the natural flow of life to move through you into total present moment and stillness. Very powerful session.

1-to-1 - £165

Couples - £195

3+ people - £295

SoulStill: Infinite Peace Meditation (1 hour):

A stunning guided meditation journey that explores the power and practice of meditation, bringing you home to your essence. This session also offers you easy practices to do at home.

1-to-1 - £95

Couples - £160

3+ people - £190

SOULNATURAL

**SoulNatural: Healing and resting in nature. Nature therapy. Plant whispering. Botany.
Outside in nature, in the secret valley.**

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SoulNatural: Botany and Plant Whispering (3.5 hours):

Play and create beautiful house plants for your home

- 30 mins: Meditation with plants
- 120 mins: Cutting, potting & planting (Pots and propagation stations at extra cost)
- 30 mins: Plant whispering
- Relax with a seasonal herb tea & delicious cake

£295 - 1 person

£395 - 2 people

£495 - 3-4 people

SoulNatural: Forest Bathing (2 hours):

Immerse yourself in the magic of the secret valley. Time to connect deeply with yourself and nature. With breath-work, meditation and yoga.

1-to-1 - £195

Couples - £265

3+ people - £295

SoulNatural: Forest Freedom (2 hours):

An amazing personalised fitness session outside in the beauty of the forest and by the lakes.

1-to-1 - £195

Couples - £265

3+ people - £295

SoulNatural: Plant Remedies, Plant Whispering and Foraging (2 hours):

In the beauty of the secret valley. Changes from season to season.

1-to-1 - £195

Couples - £265

3-4 people - £295

SoulNatural: Fire Ceremonies (2 hours):

Join us in a magical fire circle outside in our sacred fire garden. Release everything that's been holding you back into the fire and set POWERFUL intentions. Call in new radiant life energy.



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1-to-1 - £195
Couples - £295
3-4 people - £395

SoulNatural: Full Moon Ceremonies (2 hours - night time only):

Open yourself to the mystery of the moon! A potent time for setting intentions and calling in the new energies. Connecting yourself more deeply to the powerful cycles of nature and your own body. Sometimes we even swim in the lake by the light of the moon - so magical!

1-to-1 - £195
Couples - £295
3-4 people - £395

SoulNatural: Cacao Ceremonies (2 hours):

Gather around the fire and deeply journey and connect to your heart through the incredible healing heart connection of the highest grade South American CACAO.

1-to-1 - £195
Couples - £295
3-4 people - £395

SOULSCAPES CREATIVITY

SoulScapes: Tap into your artistic wisdom.



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An incredible creative painting journey that gives you insight and opens powerful intuitive forces within you and a whole new world of creative freedom! All materials provided. Relax with a seasonal herb tea and delicious cake - 3 hours

1-to-1 - £295
Couples - £395
3-4 people - £495

SOULSIGHT

SoulSight: Direct intuitive help and support as you open deeper on your journey.

SoulSight: Life Changing Tarot Readings (1 hour):

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These incredible readings are here to support and inspire you when you feel you need guidance on the path ahead.

1-to-1 - £120

SoulSight: Intuitive Art Readings (2 hours):

Again, an incredible reading to support and inspire you on your life journey. You start the session with your heart's question and this is answered with a stunning picture that is completely explained and given to you to provide you with ongoing guidance on your journey.

1-to-1 - £195

SOULSOUND

SoulSound: Sonic Alchemy Gong Journeys (2 hours):

Completely relax and immerse yourself in the exquisite infinite power of sound. Heal and re-calibrate on all levels. A deeply relaxing guided sound journey into bliss.

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1-to-1 - £195
Couples - £265
3-4 people - £295

SoulSound: Angelic Reiki & Crystal Alchemy (1.5 hours):

Bathe in the angelic light of Reiki healing and calling in the angels for the highest love and protection, accompanied with the heavenly sound of the crystal alchemy bowls. Blessing you with the most sublime healing vibrations. Powerful messages and guidance often gift themselves during these sessions.

1-to-1 - £165
Couples - £195
3-4 people - £225

BOOKING YOUR WELLBEING RETREAT:

Please email us at: retreats@soulsimple.co.uk with what you would like to book and specify your preferred dates and times. We will email you back and confirm availability or suggest alternative times if necessary.



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TO BOOK:

Your booking will be secured as soon as we've received a 50% non-refundable deposit of whatever you want to book. The rest is paid in cash on arrival. We are happy to move dates regarding covid if you are unable to come due to restrictions or illness. Supporting documentation will need to be provided :-)

SoulSimple Cotswolds Retreat UK Terms & Conditions for Wellbeing Retreats & Treatment Bookings:

Booking Modifications.

Your deposit is non-refundable.

You can cancel up to 48 hours from when we've sent you an emailed booking confirmation. (After you have secured your booking with payment of the 50% non-refundable deposit) and you will not have to pay the remaining 50% balance for your booking. As long as you cancel **at least 14 days before your booking** (time shown in the confirmation email).

We are happy to move the dates of your booking if you are unable to come due to restrictions or illness due to covid - subject to official supporting documents being provided as proof. We provide this service once. Any subsequent cancellation will incur cancellation charges, for the total amount of the deposit originally paid (50% of the booking cost).