



SoulSimple Cotswolds Retreat UK

SoulArts Wellbeing Retreats & Treatments Portfolio

# SoulArts

## Creative Wonder Retreats 2022



### **In this portfolio you will find:**

All the dates of our SoulArts DAY retreats 2022

All the dates of our SoulArts LUXURY residential retreats 2022.

How to book onto our SoulPainting retreats 2022



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# SoulArts

To be human is to be creative. CREATIVITY is FREEDOM . CONNECTION . UNLIMITED POSSIBILITY .  
SoulArts encompasses the full force and freedom of creativity. SoulArts nurtures the magical processes of letting go into the full potential of your creativity. Revealing hidden gems within you.  
Awakening the FULL POWER of your creativity.

**Welcome wondrous creatives! We're so happy you've found us.**

What do you yearn to create?  
Do you want to connect more with nature & your own true nature?  
What do you desire? What are you ready to open yourself up to?  
Are you ready to discover the magic within you?

There are CREATIONS WITHIN YOU. We call these Creative seeds. We are here to support and nurture these seeds of creativity so you can blossom into all the colours of yourself, bursting with life! These seeds of creativity show you the way. They have infinite intelligence within them and all you need to do is tend to them. Earth is a planet of creativity. Yet so many of us have forgotten how to truly create. To create is to GROW. We are here to empower this process so you can receive the magic of who you are.

Transform every aspect of your life with leading edge techniques that instantly awaken the FULL POWER of your creativity.

SoulPainting is a transformational journey of creativity & self-discovery that instantly awakens the power within you. It's a rich insightful journey all about YOU!

This leading edge journey of creativity that transforms every aspect of your life through:

- Total RELAXATION
- Deep nature connection
- PURE creative expression through painting, mark making & nature art.
- JOY & PLAYFULNESS
- Somatic movement in nature
- Breathwork
- Dance

Our passion is the magic of your experience. We are here to give you transformational life changing experiences. Our retreats provide:

- ★ A magical space of ultimate relaxation
- ★ A space to let go of the outside world to discover yourself
- ★ Time for renewal and investment in your creative wisdom & flow
- ★ Quality time to focus on your wellbeing & inner feelings/senses
- ★ Deepening and nourishing your creative connection



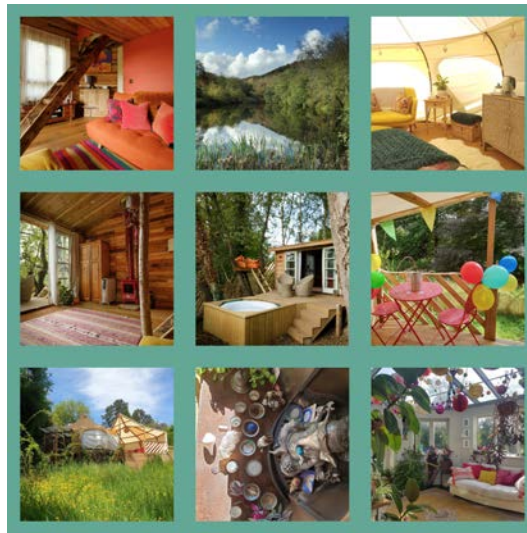
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## SoulSimple Retreat UK

**SoulSimple COTSWOLDS RETREAT UK is where we hold our full day retreats.**

Immerse yourself in the power and beauty of nature. Find yourself in a 420 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. 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.



## Magical Matara Retreat UK

**MATARA is where we hold our 3 - 5 day residential retreats in the heart of the Cotswolds.**





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## SoulArts Retreat Flow

We have created a magic formula that all of our SoulArts retreats follow in some way. Giving you a clear idea of what to expect. Sessions may be inside or outside in nature depending on the weather.

1. PLAYFUL NURTURING MOVEMENT & BREATH.

RELAXING YOU...

You will be guided through relaxing & playful movement and breath sessions, opening your body to the uncontained movement of creativity that wants to flow through you, softening you up to become a clearer and brighter channel of your creative expression. Consciously breathing and moving through any blockages and held tensions in the body that hold your creativity back. Connecting deeply into the depths of your body and feeling into the creative alchemy that you are as a whole.

2. SOULSCAPES: A CREATIVE JOURNEY OF SELF-DISCOVERY

RELEASING YOU...

SoulScapes is a spontaneous form of CREATING, where the subject matter of creating arises from within you without thought. It's an expression of the expansive nature of your soul and the soul experience. We create an environment where you use paint and lots of exciting mark making tools, inspiring shapes, colours, forms to arrive from inside of you onto the paper. Doing this collectively is very powerful, bringing each other deeper into presence. It completely relaxes the mind and is a powerful way of guiding the body into deeper relaxation as the mind rests. It's a total mind relaxation. It's an inner visual conversation that activates and awakens deeper wisdom as you let go into the process. This way of painting is an ATTUNEMENT to the inner wisdom that is always available to you. We call this process SoulScaping.

3. CONNECTION & WONDERPUNDER

YOUR REALISATION...

Now you are stepping back and witnessing the Soulful landscapes of colours, shapes and form you have created. You are the witness and the space for the wisdom to arrive. You are looking into the Soul mirror you've created and here wisdom emerges from the depths of your being as you start to articulate the story that you can see in your painting. Now you are bringing your painting to life as you see into it more deeply. Allowing creatures, landscapes, beings, animals, objects, buildings, shapes, geometries to form within it. Here the MAGIC is coming alive. Here you are finding your PURE CREATIVE MAGIC. During this process you are receiving answers and guidance and you are witnessing an essence of yourself that is always true to you. This is your signature.



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## AWAKEN YOUR CREATIVE SELF - 1 day Saturday Retreats 2022

JUNE:

Saturday 11th - 1 day retreat 10am - 5pm.

**Investment:**

\* £111 per person 10 places

@ SoulSimple Retreat in the heart of the Cotswolds.

Includes all materials and lunch

JULY:

Saturday 2nd Sat 1 day retreat 10am - 5pm SoulSimple Retreat

**Investment:**

\* £111 per person 10 places

@ SoulSimple Retreat in the heart of the Cotswolds.

Includes all materials and lunch

AUGUST:

Weekend Retreat Sat 13th - Sun 14th 2 day retreat 10am - 5pm SoulSimple

**Investment:**

\* £395 per person 10 places

@ SoulSimple Retreat in the heart of the Cotswolds.

Includes all materials and lunch

## AWAKEN YOUR CREATIVE SELF SUMMER 4-5 day Retreats 2022

AUG:

8th - 12th 5 day luxury retreat MATARA

**Investment:**

\* £3600 for a luxury room for up to 2 people. Includes all materials and full board

SEPT:

26th - 29th 4 day luxury retreat MATARA

**Investment:**

\* £2900 for a luxury room for up to 2 people. Includes all materials and full board



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# CREATIVE INSPIRED ACCOMMODATION



This accommodation is available for you to book (subject to availability) in addition to the Saturday retreats. This way you can make the most of your retreat. Each accommodation is designed for total rest and relaxation. Each accommodation has its own private hot tub.



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## OUR ACCOMMODATION

All of our Retreats are held here in the beautiful Cotswold Countryside. Whilst they can be enjoyed during a daytime visit, we also have three gorgeous accommodations which you can book and use during your time here. As an exclusive Bridal guest, if you decide to stay with us (2 nights minimum booking) we can offer you a **10% discount off any Retreat and additional treatments!**

## THE ENCHANTING LOTUS BELLE

**SPECIAL RETREAT PRICE £145 per night 2 night minimum stay**

A complete nature getaway! Our Lotus Belle is a healing sanctuary, perfect for couples. Totally cosy with heating all year round, it has a luxurious king-size bed and it's own walk-in bathroom, handcrafted outdoor kitchen, bean bag snuggle & PRIVATE hot tub.





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## THE CELESTIAL STUDIO

**SPECIAL RETREAT PRICE £145 per night 2 night minimum stay**

A self contained, luxury studio. Light and airy, you will find everything you need here for your visit. With a well equipped kitchen, powerful shower and luxury cotton sheets to make you feel as comfortable as possible. King-size bed and sofa bed available. Your own private hot tub and outdoor seating.







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## THE MAGICAL NATURE GEM

**SPECIAL RETREAT PRICE £175 per night 2 night minimum stay**

Our brand new accommodation! A truly unforgettable experience. Our magical wooden cabin combines the privacy and stillness of nature with the luxury of an invigorating outdoor shower and platform bed. You also have access to your own romantic cherry tree-top seating area and meditation circle.





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**Also available to book is our brand new, gorgeous woodfired Sauna  
A two hour PRIVATE session is £95.**

## **SPECIAL TOUCHES**

We can arrange extra touches to ensure you have a stay to remember, all hand delivered to your accommodation -

- Indulgent and rich vegan, raw chocolate truffles handmade with love in Stroud
- Delicious sparkling Rosé wine from Woodchester Valley Vineyard just a stroll up the road from our Retreat
- A gorgeous bouquet of handpicked and locally sourced seasonal flowers from our grower in Stroud

**£85 for any two of the above or £95 for all three**

## **EXTRA TREATMENTS**

We offer a range of massages and holistic treatments which can be booked as additions to your Retreat. Our incredible team of masseuses have the extra special touch - they have magic in their fingers!

### **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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## **Booking your Retreat:**

- 1 - Look through this wellbeing portfolio and decide on the date of retreat you would like.
- 2 - Please email back with the dates of the retreat you would like to book and if you are coming for the Saturday retreat please let us know if you would like to stay or just come for the day.
- 3 - If you would like to stay then let us know the number of nights and we will check for availability.
- 4 - We will confirm this via email and send you further booking details.

Your booking will be secured as soon as we've received the 50% non-refundable deposit of half of the retreat price. For the Saturday retreats the rest is paid in cash upon arrival. For the residential retreats the remaining 50% is paid 7 days before the start date.

### **Terms & Conditions for Wellbeing Retreats & Treatment Bookings:**

Your deposit is non-refundable. You can cancel up to 48 hours from when we've sent you an email 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 cancellation is at least 14 days before your booking as 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-19 - 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).

**SoulSimple Cotswolds Retreat**  
**“Wellbeing For Everyone Forever”**