



We are overjoyed to share our new 2022 retreat menu with you. It is simply bursting with a wholesome variety of health & wellness ingredients !



**WE ARE HERE
FOR YOU**

www.romancingtheordinary.co.uk

www.mindfulness-skills4life.co.uk

For enquiries call: +44 (0) 7922 878 391
or email: hello@romancingtheordinary.co.uk



Mindfulness Skills4Life
Awareness-Choice-Well-being

YOU
ARE
WARMLY
INVITED
TO

REST
RECONNECT
RESTORE
RESTART



NOURISH: MEET HOLLY, YOUR PERSONAL CHEF

Having someone personally cook for you is surely one of life's greatest pleasures. Our chef Holly brings soul to her recipes. She creates beautifully presented meals from seasonal ingredients, that are often sourced from her own gardens, just for you.

Dining together in a calm space, we invite you connect to with "real" food - indulge in mindful moments as you you take time to savour each mouthful.



TRUST YOUR GUT: NUTRITIONAL HEALTH

You may have heard of the phrase "gut instinct"? Increasingly, modern science reveals the truth in this phrase by showing that gut health is directly linked to mind, brain and body health.

Join Jenni and Helen in a masterclass as they share their naturopathic approach to health as well as how to prepare your own delicious and nutritious nut milks.



Gaze at the beauty offered by the lily pad lake as you refill your cup from the idyllic tea hut, stocked with a fine selection of locally blended, speciality teas & coffees





BATHE IN WATER, NATURE & SOUND



CONNECT WITH NATURE: AROUND YOU & WITHIN

Guided by Dr. Sands we will walk slowly around the serene landscape.

We will bathe in the sounds of nature: animals, birds, the wind, moving grasses, our footsteps and silence. We will drink in colours, smells and textures.

Our faces and skin will be caressed by the wind whilst our breath effortlessly expands and exchanges with the wind: both truly interconnected.

In the stillness of early evening, we will light candles and release them across the lily pad lake: alongside the release of heartfelt, kind wishes for one another and our world.

Nature is peace and peacefulness is in our nature.

ENCHANTMENT IZA: MUSICIAN & SONGSTRESS

We are beyond delighted to be graced with the sublime talent of mesmerising Iza Moon.

She will captivate your mind, body and soul through her enchanting voice.

Time will stand still as you are immersed in the wonder and beauty of a sound bath.

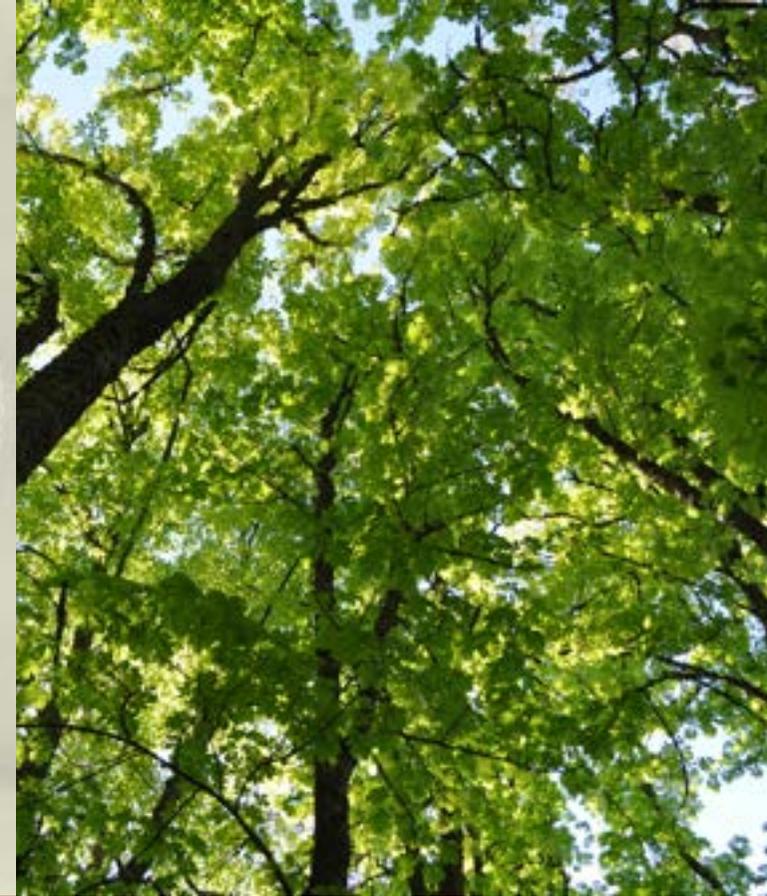


CREATING SPACE: SIMPLICITY, CALM, TO BREATHE AND BE

Get your hands playfully dirty, working with clay to create beautiful & bespoke pieces to cherish. Lose track of time as you whittle wood under big skies.

Being in the moment and experiencing tranquility becomes easier when nature is your unwavering and kind companion. A humble yet powerful teacher.

Join Dr. Sands as she guides a range of mindfulness-based sessions, in which we will be harnessing our amazing breath, our superpower and a key to calm!



ENJOY
YOUR
PEACE-
FILLED
PLACES



CREATE FLOW: FREEDOM IN MOVEMENT

You will be in the very best of hands with our 'movement' experts Jenni and Helen.

Step out of the fast lane and feel soothed as you tune into these gracefully led, inclusive, sessions.

Settle mind and body as we give space to bodies that are often hurried and harassed.

Jenni will offer nature-inspired yoga and Helen, martial arts-influenced gentle movement set to beautiful music.

You can also create and enjoy your own movement sessions simply by walking in the ever welcoming forest.





Helen



Jenni



Dr. Sands

RELAX: WE'VE GOT IT COVERED

We truly cannot wait to welcome you to our 2022 retreats, hosted in the heart of Lincolnshire's most glorious countryside. Here you will rest & relax, explore nature & nurture your own sustainable wellbeing & resilience. We will guide your gentle adventure of rediscovering calm, vitality, empowerment & connection with yourself & our precious world. What an honour that will be, with love from Helen, Jenni and Dr. Sands x

YOU SAID

DAWN BARRON
August 2021

"Clarity of mind and purpose"

You gorgeous women, I can't thank you enough for creating the space to detox my mind, body and spirit.

Your knowledge, your tuition, your guidance, all delivered with such generosity and clean intent, enabled me to reset and leave here with clarity of mind and purpose.

Thank you with all my heart

Dawn



PROGRAMME AT A GLANCE

Go with the flow: movement sessions

GENTLE NATURE INSPIRED YOGA
SOOTHING QIGONG MOVEMENT

Creating calm & contentment

CREATIVE CLAY WORKSHOPS
WOOD WHITTLING IN NATURE

Nutritional wellness

NATUROPATHIC MASTERCLASS
MAKING NUTRITIOUS NUT MILKS

Soothing and savouring our souls

GUIDED RELAXATION FOR SLEEP
MUSICAL SOUND EXPERIENCES
FOREST BATHING & MINDFULNESS
RELEASING CANDLES OF KINDNESS
BREATHWORKS MASTERCLASS

Prices from £375.00

Option for massage (spaces limited)
Further information on our websites