

A WOMEN'S TRANSFORMATIONAL RETREAT

Come home to yourself.

Three nights of yoga, ritual, nature, rest and honest connection in the Wye Valley.

21-24 MAY 2027

HILL FARM · TINTERN · WALES

BLOOM & RISE REVITALISED

01

THE INVITATION

*An invitation for
you to step into
your full power as
you release layers
of old wilted petals
that are no longer
yours.*

How long have you been carrying around heavy burdens?
How long have you been holding onto things that have
now just become the "norm"? How much of your energy
are you giving to things that do not serve you?

If you've been abandoning yourself in any way by not
listening to the depths of your soul, it's time to come
home my love. And this is what my retreats are all about.

It's so easy to listen and follow what others say. That's
how you learned to be safe as a child. But you're a
woman now. And this life it YOURS for the taking, no
one else's.

What beliefs are you ready to unearth & to shatter, so that
you can finally meet the radiant, authentic, ALIVE soul
within you? She's always been there, and she's within you
right now, just waiting to be called.



All truths are welcome here.

This women's retreat is a sacred, intimate gathering, where all truths are welcome and even explored if you so wish. This is a space for you to finally feel safe in letting the guard down that perhaps you've been carrying your whole life.

Do you ever feel like you're living life just on the surface level? In your relationships, your career, your family life? I've realised in my own journey that so many of us live in half-truths.

Meaning, while we show up for relationships and family, we don't always show up in total truth and authenticity. It's as if there's an invisible shield between ourselves and the other, because we live through identities & masks that we create for each other.

Let me ask you — do you show up fully as yourself, or how you perceive that others expect you to show up?

“The answer will of course be different for different dynamics and people.”

But I feel in most cases that we restrict ourselves, whether consciously or unconsciously, and we dim our beautiful beings to please others, and why?

A fear of rejection, abandonment, criticism, judgement.. can you add any others?

A return to the heart.

So this retreat is about learning how to finally let go of those fears, and connecting with your heart & soul (which I believe are the same thing), through various introspective and somatic heart-opening tools.

Think deep guided meditations, nourishing yoga practises, gentle breathing techniques, along with using sound and music to awaken the senses and stimulate the brain through different frequencies.



FROM THIS HEART-OPENED SPACE

We naturally feel safe to be who we are without limitation.

Communicate openly. Say how you feel with ease. Connect deeply to your intuition. Know yourself more than ever before. Move your body freely. Live with curiosity and openness.

Move

Nourishing yoga practices that bring you back into your body.

Breathe

Gentle breathing techniques, meditation and space to listen inward.

Feel

Sound and music to awaken the senses and stimulate the brain.

Four days to unfold.

*Please note the above may be altered slightly, but gives you an idea.

01

Opening cacao and blue lotus intention ritual

- Yoga for grounding and deep inner connection
- Pranayama breathing practise
- Air element ritual

02

Kundalini yoga and chakra chanting

- Self exploration workshop
- Yoga nidra and sound
- Fire release ritual

03

Early morning walk

- Water element ritual
- Yoga for inner strength workshop
- Use of ecospa - sauna and hot tub

04

Yin yoga and sound

- Earth element ritual
- Move and flow workshop
- Closing ceremony

HELD BY THE LAND

When we let go of fear, the mind opens.

This is where we can then hear the whispers of the soul and move forwards in the most aligned way. 🙏

Each day will include all necessary meals, with unlimited teas and coffees.

There will be time to rest, wander, breathe and let the land do some of the holding. You don't need to arrive with the right words. You only need to arrive.



YOUR NEXT STEP

If something in you is saying yes, follow it.

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RESERVE YOUR PLACE

Questions? info@jaquirungay.com