



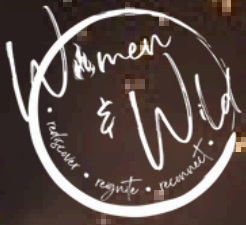
# Women and WildFire Retreat 2024

OCTOBER 4TH TO 6TH

COTSWOLDS



Rediscover • Reignite • Reconnect



# Women and WildFire



October 4th to 6th - Cotswolds

Ladies - are you feeling burnt-out and exhausted?

Have you been putting everyone else's needs before your own for so long you're struggling to remember who YOU are and what you enjoy?

Would you like to feel more like you again?

If you're feeling emotionally drained from juggling the demands of work and the ever changing needs of family life, if what you used to enjoy now feels like a chore with guilt creeping in at the very thought of taking time out for yourself and if you desperately want to find your spark again...

Then this retreat is for you!

Press pause on the daily grind and spend a whole weekend focussing purely on yourself and what YOU need. Hop off the hamster wheel, ditch the ever growing pile of "to-do's" and put yourself back at the top of your priority list with a Women & Wild retreat.

Our retreats help busy, exhausted women rediscover their passions, reignite their wild side and reconnect to their values and purpose through adventure and personal challenge.

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# Why a Women & Wild Retreat?



Hosted by a Clinical Psychologist with over 20 years experience, this experiential weekend will see you working on your mindset, pushing your limits and stepping outside your comfort zone to rediscover your inner strength and potential.

With powerful workshops designed to help you uncover and connect to your values as well as opportunities for individual sessions throughout the weekend you will feel the benefits of one-to-one support within the supportive community of a small group setting. You will learn practical, invaluable tools that you can incorporate into your daily life to ensure you live your life with renewed purpose and energy.

Women & Wildfire offers the perfect blend of relaxation and challenge - cosy accommodation in a stunning woodland setting, a restorative sound bath, energising firepit chats, live music and perhaps a cheeky glass of fizz in the hot tub, all balanced with personal development challenges such as glass and fire walking and powerful breathwork. The Women & Wildfire retreat is perfect for you if:

- You want to rediscover who YOU are away from the multiple versions of yourself that come with being a mum, partner, friend, employee.
- You want clarity on what YOU need to live the life you want and know how to thrive not merely survive.
- You want to reignite your inner spark and reconnect to your sense of purpose.
- You want to gain a sense of connection to others and have true fun along the way.

You will leave feeling refreshed and rejuvenated, as well as empowered, having gained an immense sense of personal achievement and clarity on how you want to live your life. With personal and group calls before and after the retreat to support you moving forward, we will help you sustain these changes long after the retreat has ended.

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# The Women & Wildfire Experience



Surrounded by the tranquil sounds of nature, you will be glamping in the heart of a stunning 12-acre woodland in the Cotswolds. Relax and sink into the hot tub relishing that “Ahh” moment as you take a sip of fizz knowing you can switch off from the outside world because this weekend is all about YOU!

Finding a quiet spot amongst the trees you take advantage of having the rare opportunity to read or listen to music. Later you join the group in a journalling and reflective session finding little moments of clarity in what you need to be doing for you in your life right now. As you get to know your fellow guests with chats around the firepit, you realise that you all share similar reasons for being on this weekend and feel a sense of connection. Later you join the group and immerse yourself in a guided sound bath blending the rich sonic texture of the gong with the simplicity of crystal and Himalayan bowls, against a backdrop of gentle breeze and the sounds of nature, you feel completely relaxed, refreshed and ready to take on a powerful journey of self-exploration.

## Highlights:

- Cosy pub meal on the Friday evening in the local village.
- Stunning woodland Glamping experience.
- Sunrise walk n’ talks.
- Sound bath and breathwork in the woodland led by Ian Kershaw.
- Powerful personal development programme.
- Glass walking and firewalk.
- Reflective sessions and therapeutic workshops with Psychologist Dr Kate Mason.
- Celebratory feast and party.
- Live music round the firepit from Dan Greenaway.
- Access to a hot tub all weekend.

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# Women and WildFire



Feeling focused and present after a powerful explorative personal development session having walked on broken glass, you're now ready for the final challenge.

As you stand at the start of the walkway you feel the heat radiating from the coals and notice the glow of the embers against the backdrop of the woodland, illuminated only by the fire ahead. You feel nervous but alive with energy, everything you have experienced and worked for so far has led you to this very moment. With new friends cheering you on, you take that first step, then the next, gliding across those hot coals feeling an incredible sense of achievement and empowerment.

With a huge sense of pride, you take heed of the internal shift you have just experienced; you suddenly feel part of something so much bigger than yourself; the little things no longer matter, your body and mind feel energised, and you realise you can, quite literally, do anything you set your mind to.

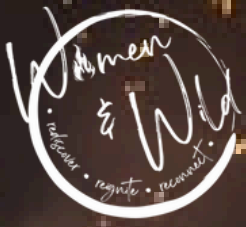
## The Venue

Nestled in 12 acres of secluded woodland near Broadway in the Cotswolds, you will be struck by how quiet and still your surroundings are. You will feel completely off grid, away from the demands of others and like you have temporarily stepped outside normal life.

You will sleep in a cosy heated glamping pod based on 2 people sharing, (single occupancy available) each one with its own small decking area, a perfect spot to read or journal as the sun goes down.

There are all the amenities and comforts you will need to ensure a homely experience with a kitchen area, shower block & toilets and a hot tub to sink into and enjoy a glass of fizz! We have exclusive access to this idyllic space for the entire weekend

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# Food Glorious Food



Our food is simple but comforting. On the Friday evening we will head to a nearby cosy pub serving traditional pub classics.

**Breakfast** - will be a sumptuous selection of fruit, pastries & toast, cereal and granola with a home-made berry compote, yoghurt, and eggs your way with tea and coffee, fruit juices & smoothies

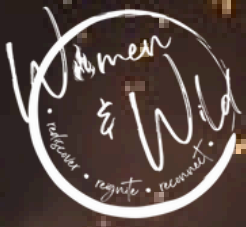
**Lunch** - will be a charcuterie style feast with a variety of cured meats, olives, cheeses, breads and oils with fresh salad and homemade quiche.

**Dinner** - Woodfired pizza's or warming bowls of chilli are on the menu this evening along with a colourful array of salads. Inevitably where there's a fire pit there's marshmallow toasting so we will end our evening round the fire reflecting on our day with smores before partying with live music in the woods!

Dietary requirements can be submitted beforehand to ensure all options are covered.



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# Order of the Weekend



## Day 1

**Aaaand Relaaax:** Float into the woodland from 12pm, take in your wonderful surroundings and check out your cozy pod that you will call home for the weekend. Once everyone has arrived, unpacked and had a welcome drink we will meet the team and get straight into our first session. Later on we will amble over to a local pub for food before returning for free time to sit around the campfire, jump in the hot tub or maybe you'd prefer to make the most of a child-free night and choose an early bedtime!

## Day 2

**Wildfire:** For the early risers we will begin the day with a sunrise walk n' talk before digging in to a hearty breakfast. Self discovery & skills workshops will run throughout the morning as well as a powerful breathwork session with expert Ian Kershaw. After a leisurely lunch and free time we continue with the personal development programme with Keith which culminates in our fire and glass walking challenges. The evening will see us celebrating our successes with live music round the firepit in the woodland.

## Day 3

**Farewell:** as our weekend draws to a close, we will enjoy our final breakfast before coming together for a soundbath leaving us feeling wonderfully relaxed and rejuvenated. We will meet for a final reflection session, discussing take-home thoughts and actions.

*"Only when you shift your attention away from your mind - the background chatter of "shoulds", "coulds" and "oughts" and be fully present in the stillness of the moment, can you then fully engage with the feeling of knowing and understanding yourself".*

(Timings may differ slightly depending on weather and the needs of the group)

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# Your Investment



## What is included?

Your investment for this weekend is £540 and includes:

- All meals and soft drinks starting with breakfast on the Saturday morning and ending with breakfast on the Sunday morning (although you are free to bring your own treats, snacks and your favourite tippie if you like).
- Prosecco on arrival and limited amount for Saturdays Celebrations.
- 2 nights accommodation at the beautiful Cotswold Woodland Glamping.
- Access to the hot tub for the duration of the retreat.
- Sound bath session.
- Breathwork session.
- Self discovery workshops and optional one ones with Dr Kate, Clinical Psychologist.
- All day personal development programme led by Coach Keith McKay
- Firewalk.
- Glasswalk.
- Live music in the woods with Dan Greenaway.
- Women & Wild journal & goodies.
- Online meet ups before and after the retreat

## What is not included?

- Pub welcome dinner on Friday evening.
- Personal, medical or trip cancellation insurance.
- Extra snacks or alcoholic beverages between meals.
- Transport to and from the Woodland.

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# About Women & Wild Retreats



Women & Wild retreats are little different to your usual retreats; as a Clinical Psychologist I pride myself on being highly qualified and able to offer a professional approach to wellbeing in a way that is approachable and authentic, so you will feel comfortable and safe in the knowledge that you are in good hands.

I will be on hand throughout the weekend to support and guide you through your journey (and to refill your glass whilst in the hot tub!) Whilst Women & Wild retreats do have an element of relaxation, what sets my retreats apart from the others is that I like to nudge you out of your comfort zone and set my clients a challenge.

I passionately believe that women already possess incredible strength and resilience but with hectic schedules and juggling the demands that life brings, over time we stop recognising it. As women the pressure to be "good enough" and the expectations of others mean our needs often get thrust to the bottom of the priority pile and eventually, we can lose our sense of identity and self-belief, we forget who we used to be before children and what sparked joy for us.

By challenging ourselves to achieve something out of the ordinary and standing in the face of fear we can reconnect to that self-belief and use it in our everyday lives to move forward with purpose. It is what I experienced on my journey and I'd like to share this with you and help you reignite your passion, rediscover your wild side and Reconnect to yourself once again.



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# About Me



I'm very open about my own experiences in life that have led me to create Women & Wild.

In 2017, whilst on maternity leave with my youngest son I was diagnosed with breast cancer. Aged just 35 it was a devastating blow and a time of indescribable fear and vulnerability, I felt like part of me had been lost and I needed to regain a sense of who I was and feel *alive* again. In 2018, a year after my treatment, I made the decision to embark on a 250-mile cycle from London to Paris, and then in 2022 I trekked 100km across the Sahara Desert for charity.



These experiences pushed me way out of my comfort zone but led me to rediscover inner strength I never knew I had, by pushing my limits I was able to rediscover what is important to me in my life, reignite my passions and reconnect to myself again.

I have found in my own life, that unless I take the time to be with myself, away from my work, home and family, it's easy to lose my way, get distracted, and get caught up in my own negative mental chatter - I move out of my heart where my values lie and into my head and this is where I start to ruminate, become anxious, overthink, doubt myself and my decisions. Through challenging myself its given me space to breathe, to gain perspective and understanding of what it is I need right now in my life and allowed me to connect to something much bigger than myself. I hope on these retreats you too can experience this powerful shift, let go of anything holding you back and celebrate the amazing woman you are.

So don't hold back, book now and join me and an amazing team for a fabulous weekend. You need and deserve this time to focus on yourself and bring out that Wonderful Wild YOU!

Kate 

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# FAQ's



**Can I pay in instalments?** Yes! We appreciate this is an investment in yourself and we want to give everyone the opportunity to come but sometimes paying all in one go can be tricky so please do contact us when you book and we can discuss payment plans with you.

**What is your cancellation policy?** When you sign up you will pay a £150 non-refundable deposit and the remaining balance is due no less than 2 weeks before the retreat. If the retreat has to be cancelled by Women & Wild due to adverse weather or any other unforeseen circumstance, we will endeavour to refund as much of your booking as possible however we cannot refund any costs incurred from outside instructors and accommodation. We recommend you have the appropriate travel insurance to cover for any unforeseen circumstances as you would a holiday.

**I have a roommate - how do I arrange that?** If you are coming with a friend, please state on the booking form who your roommate is. We have a small number of pods available on a single occupancy basis at an additional £100

**Can I bring my kids/partner?** in short...no! This trip is for YOU and you only, leave the kids and partners at home you deserve this!

**Do I need travel insurance?** Although this is up to you, we highly recommend you get insurance for this retreat as you would for a holiday. We always advise travel insurance that includes trip cancellation and medical coverage. Be sure to read the fine print, as policies can differ greatly.

**Can you accommodate dietary restrictions?** Absolutely! Just let us know on your booking form your requirements. If you have allergies, PLEASE let us know as soon as you book

**What do I pack?** Clothes for camping in the great British weather! A full kit list will be sent to you closer to the time.

# Women & Wildfire Retreat

October 4th to 6th 2024



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