



Awakening Retreats for women

[Book now](#)

June 19th-22nd 2023 in the Heart of Devon.

Discover the simple way to experience Calm and Emotional Freedom, awakening from your stress, overthinking & self doubt.

Enjoy celebrating the summer solstice on June 21st which marks new beginnings, a time for reflection, balance and moving towards your heart centred goals in life.

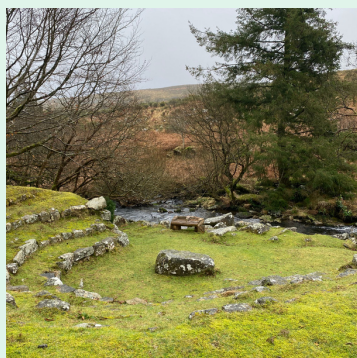
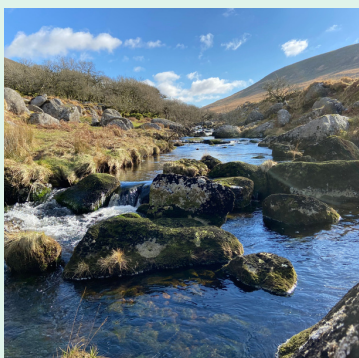
Are you looking for relaxation, combined with a touch of the wild? Meditation, moorland walks, learning energy healing and mindset techniques whilst in the company of amazing women set in stunning surroundings.

This 3 day Awakening retreat is located in the heart of Devon amongst the wild, abundant beauty of Dartmoor.

A time to liberate and calm your mind, re-energise your body and step forward into a life that you love living.

Learn how to use meditation and tapping techniques to resolve your inner conflicts, gain new clarity, let go of limitation and reconnect with your True Self.

[Register now](#)





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During this Reawakening journey you will have the opportunity to :

- Gain clarity, rediscovering your purpose and confidence in life.
- Feel re-energised, relaxed, calm and free.
- Be guided and supported by 2 experienced therapeutic, energy & mindset coaches
- Enjoy a variety of meditations and learn the simple way to meditate with Mind Calm.
- Learn the basics of the Emotional Freedom technique (EFT) to help you let go and experience true life abundance.
- Reconnect to your True Self, to nature and to the energy around and within you.
- Learn simple, inspiring calm and freedom techniques that you can take away to use in your everyday life staying connected and energised.
- Have time for rejuvenating walks on Dartmoor, wild river bathing and visit ancient stone circles and tors.
- Enjoy wholesome vegetarian / vegan food, and allow yourself to be nurtured and nourished.
- Feel Renewed, Rejuvenated and Re-energised.

[Make an enquiry](#)

Included in the retreat.

- 3 nights accomodation, 2 full programmed days and 2 half days of activities.
- Large indoor comfort areas with log burners, plus beautiful private gardens onto open moorland and streams.
- Breakfast, lunch and Dinner, plus snacks and drinks including a 2 course meal at a moorland pub.
- Short, easy walks across Dartmoor accessing tors and bathing pools, visiting mythical stone circles, learning local legends, and enjoying outdoor meditations
- Guidance and support by Josie and Melika , 2 experienced energy coaches.
- Access to a Retreat Facebook community group before and after the retreat.





Meet your retreat Hosts Josie Truelove & Melika Clason

[Make an enquiry](#)



Josie , a complementary therapist of over 20 years, now specialising in Calm Mindset techniques, meditation and mind detox. Living in Ilfracombe, Josie runs regular meditation and reiki courses, coaches Calm online and works nationally at festivals and events offering massage and Mind Calm. Her passions include horses wild swimming and travelling.

Melika, runs her therapeutic practice in West Devon, specialising in Hypnotherapy, EFT (Emotional Freedom Technique) and Counselling. The past 10 years of supporting clients with emotional and mental health issues has enabled Melika to develop a successful and creative practice. She describes herself as a student of life, passionate about books, travel and spirituality.



This retreat is for you if:

- You enjoy meeting new people, and are happy to share a room
- You're open minded and looking for a new way forward
- If you'd like to learn techniques for managing negativity and a noisy mind
- If you want time out from your everyday life
- If you're willing to challenge yourself and explore your feelings
- If you're happy to listen to other people's experiences
- If you are feeling lost, looking for direction and eager to understand more about yourself
- If you like nature and enjoy being outside
- If you're keen to learn about EFT, Meditation, Hypnotherapy, and different energy healing techniques
- If you're happy to eat vegetarian / vegan food
- If you don't mind visiting a local pub for an evening meal.
- If you are happy to visit stone circles and participate in some life affirming rituals
- If you enjoy the company of women and want to celebrate their innate wisdom and strength
- If you are able to navigate uneven terrain on foot and enjoy short walks (1-2 hours)



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YOUR INVESTMENT. £480.00 per person.

[Reserve your place here](#)

3 nights, 3 days Retreat programme including all activities and coaching. Breakfast, Lunch and Dinner with non alcoholic drinks and snacks included. 2 people in a shared room with your own bathroom. single beds and bunk style rooms.

- **Pay in full before May 1st. £430 per person. Save £50 each.**
- **Payment option 1. Deposit £100 + Pay £380 before May 18th 2023.**
- **Payment option 2. Deposit £100 + 2 payments of £210 per person before May 30th 2023.**

Please enquire for possible single supplements or triple room sharing.

Cancellation Policy.

- **Non-refundable deposit.**
- **Full payment to be made 30 days before the retreat start date.**
- **Refunds will not be given 30 days before the retreat start date.**
- **In exceptional circumstances at the discretion of the retreat hosts, payments may be transferred to the next available retreat date.**

Not included in the retreat:

- Towels and toiletries
- Outdoor clothing, boots or shoes.
- Drinks or extras from local amenities/pub.
- Writing materials for note taking.

Disclaimer

Please note this retreat has been devised to enable individuals to look deeply at their inner landscapes. Some of the exercises could be destabilising for anyone who has an untreated or under-treated psychological disorder. If you have or think you might have, a psychiatric condition that's getting in the way of your life, please seek appropriate mental health support before considering attending this retreat.

