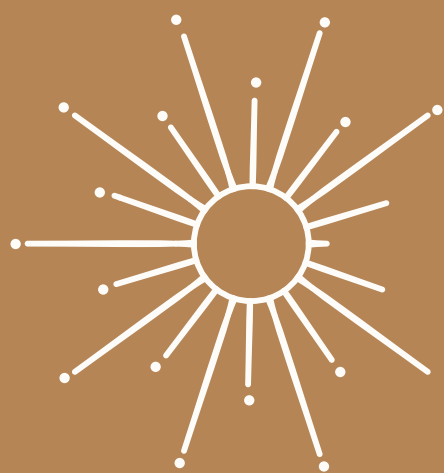
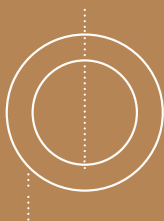




Ripple therapy

The Sanctuary Within

Part of the Within Collection from Ripple Coaching



A gentle, private space to be supported,
reconnect with yourself and continue
your healing journey with *greater calm*
and *self-compassion*.

Overview

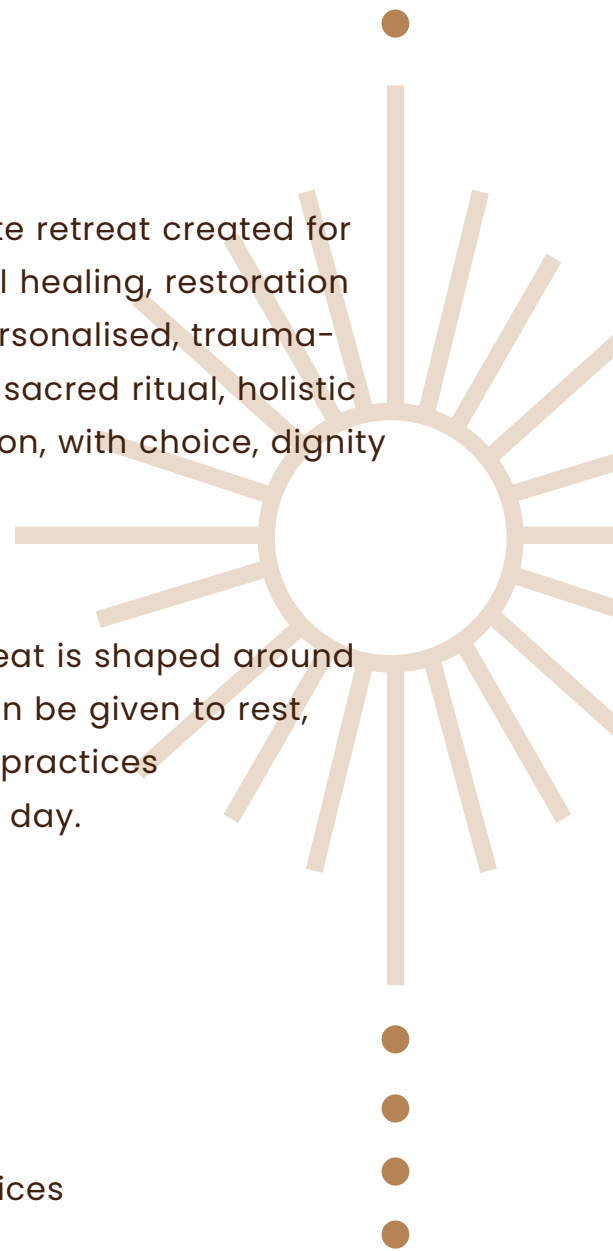
The Sanctuary Within is a compassionate private retreat created for women seeking a nurturing space for emotional healing, restoration and reconnection. The experience combines personalised, trauma-sensitive support with hypnotherapy, coaching, sacred ritual, holistic wellbeing practices and gentle nature connection, with choice, dignity and individual pace at the centre.

A Personal Sanctuary

Rather than following a rigid timetable, the retreat is shaped around your intentions, comfort and readiness. Time can be given to rest, reflection, coaching, grounding and restorative practices according to what feels most supportive on the day.

Possible Elements

- Private pre-retreat consultation
- Grounding and intention setting
- Sacred cacao and calming herbal rituals
- Personalised coaching and hypnotherapy
- Sound-based relaxation and restorative practices
- Gentle nature connection and reflective time
- Fresh nourishing wellness food and refreshments



Your Personal Healing Gift

As part of the experience, you receive a thoughtfully curated wellbeing gift designed to support continued integration after the retreat. This may include a personalised hypnotherapy recording, a high-quality essential oil blend, a guided wellness journal, Rose and herbal tea rituals, affirmations, grounding exercises or other personalised wellbeing resources.

Optional Countryside Camping

Guests wishing to extend the sense of peace may choose an optional camping night within the retreat grounds. Bring your own tent and equipment and enjoy access to indoor toilet and bathroom facilities, quiet countryside surroundings and self-guided time for reflection, journaling and connection with nature.

Closing

A gentle, private space to be supported, reconnect with yourself and continue your healing journey with greater calm and self-compassion.



Ripple

We are all **the first and greatest ripple in the waters** of change.

www.ripplecoaching.net

