



The Harmony Within Express

Part of the Within Collection from Ripple Coaching



A meaningful pause to *slow down*,
reconnect and return to everyday life
feeling *calmer, clearer* and more
balanced.

Overview

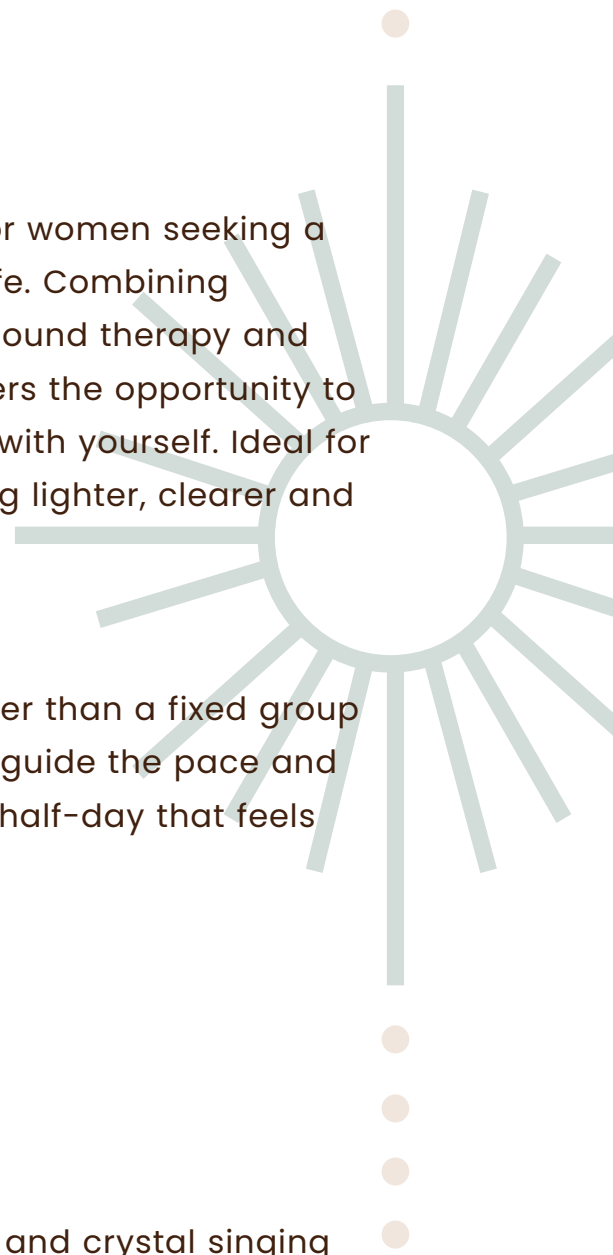
A beautifully curated half-day private retreat for women seeking a meaningful pause from the pace of everyday life. Combining transformational NLP coaching, sacred cacao, sound therapy and nature connection, this bespoke experience offers the opportunity to restore balance, calm the mind and reconnect with yourself. Ideal for those in need of a gentle reset, you leave feeling lighter, clearer and renewed.

A Retreat Created Around You

The experience is private and personalised rather than a fixed group programme. Your intentions and current needs guide the pace and emphasis of the session, creating a restorative half-day that feels relevant to you.

Your Experience May Include

- Pre-retreat consultation and intention setting
- Grounding and arrival ritual
- Sacred cacao ceremony
- Personalised transformational NLP coaching
- Private sound therapy with therapeutic gongs and crystal singing bowls
- Nature connection and reflective time
- Healthy botanical refreshments and artisan wellness treats
- Integration time and personalised wellbeing recommendations
- A bespoke wellbeing gift



Luxury Refreshments

Throughout your retreat, enjoy Rose tea and herbal infusions, botanical drinks, fresh seasonal fruit, artisan wellness snacks and natural energy treats selected to feel nourishing, light and restorative.

Day Pass & Local Stay

The Harmony Within Express is designed as a half-day pass without accommodation. For guests travelling from further afield, Ripple Coaching can support you with recommendations for nearby boutique Cotswold hotels, country inns, spa properties and countryside accommodation.

Optional Nature Extension

Where available, guests may choose to extend their retreat with a simple countryside camping experience, bringing their own tent and equipment and using indoor toilet and bathroom facilities.

Closing

A meaningful pause to slow down, reconnect and return to everyday life feeling calmer, clearer and more balanced.



Ripple

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

www.ripplecoaching.net