



Ripple
therapy

The Return Within

Part of the Within Collection from Ripple Coaching



Release what no longer serves you,
reconnect with your inner wisdom and
return to life feeling *grounded,*
empowered, clear and renewed.

Overview

The Return Within is Ripple Coaching's signature immersive retreat: two private days dedicated to deep restoration, clarity, personal transformation and reconnection. Combining transformational NLP coaching, hypnotherapy, sacred ceremonies, Reiki, sound healing, shamanic drumming, nature immersion and luxury wellness hospitality, the experience is fully tailored to your story, intentions and needs.

Why Two Days?

Day One creates space to release, restore and reconnect; Day Two supports transformation, alignment and integration. The additional time allows insight to settle before deeper coaching and personalised practices help translate the retreat into meaningful change beyond the Cotswolds.

Day One – Release, Restore & Reconnect

- Welcome, Rose tea, grounding and intention setting
- Sacred cacao ceremony
- Deep transformational NLP coaching
- Luxury wellness dining
- Nature immersion and reflection
- Reiki and hand reflexology
- Gong sound healing and shamanic drumming
- Evening integration



Day Two – Transform, Align & Return

- Morning grounding and nature practice
- Optional Hapé grounding ritual
- Advanced personalised coaching
- Bespoke hypnotherapy session
- Luxury wellness lunch
- Closing sound journey
- Integration and personal wellbeing plan

Luxury Wellness Dining

Across both days, beautifully prepared meals feature fresh seasonal ingredients, locally sourced produce, artisan snacks, botanical drinks and nourishing food designed to support energy, grounding and restoration. Herbal teas, Rose tea, fruit and healthy refreshments are available throughout.

Two-Day Pass

The Return Within can be booked as a two-day pass without accommodation. Ripple Coaching can support guests with recommendations for nearby luxury country house hotels, boutique Cotswold inns, spa properties and private countryside accommodation.

Camping Experience

The premium camping option includes an overnight stay within the retreat grounds using your own tent and equipment, indoor toilet and bathroom access, an optional countryside BBQ when weather permits, breakfast and morning integration. This extends the retreat into a deeper nature immersion between the two transformational days.



Follow-Up Integration

Approximately 2-4 weeks after the retreat, a private 60-minute telephone or video integration session provides dedicated space to reflect on progress, deepen insights, strengthen positive changes and receive personalised guidance.

Investment Options

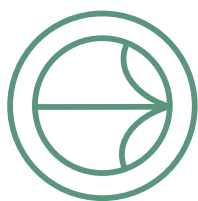
Two-day retreat pass: £3,333 per person. Premium experience with countryside camping and private follow-up integration session: £3,690 per person.

Bespoke Wellbeing Gift

Your take-home collection may include a personalised hypnotherapy recording, luxury essential oil blend, wellness journal, herbal tea ritual collection, affirmations and personalised wellbeing practices.

Closing

Release what no longer serves you, reconnect with your inner wisdom and return to life feeling grounded, empowered, clear and renewed.



Ripple

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

www.ripplecoaching.net