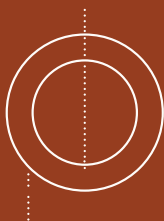
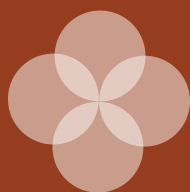




The Wholeness Within

Part of the Within Collection from Ripple Coaching



A sacred invitation to *slow down*,
reconnect with nature and return to the
wholeness already within you.

Overview

The Wholeness Within is an exclusive private 1:1 retreat designed to reconnect you with your body, calm your mind and nourish your soul. Set in the rural Cotswolds, it blends transformational coaching, sacred ritual, restorative therapies, nature connection and luxury wellness dining to support emotional renewal, spiritual connection and a return to inner balance.

Your Personalised Retreat Journey

Before your retreat, a personal consultation explores your intentions, current challenges and what you would most like to receive from the experience. The programme is not fixed: its pace, practices and focus are adapted around you, whether you seek emotional renewal, clarity, confidence, spiritual exploration, stress relief or simply time to reconnect.

Arrival & Grounding

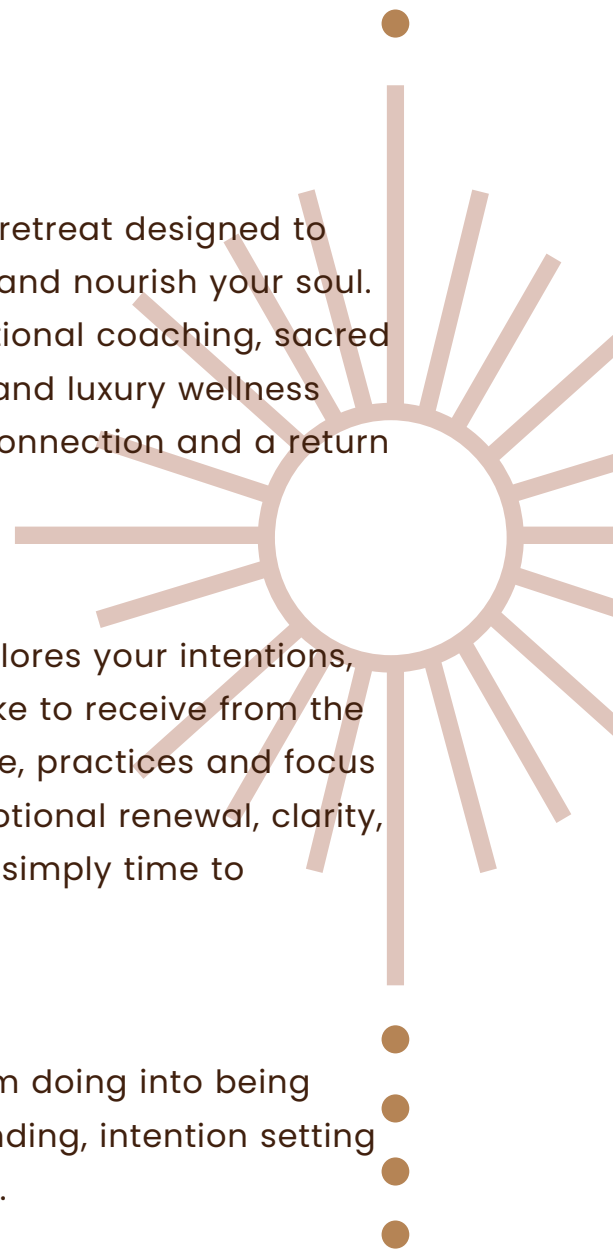
Your journey begins with a gentle transition from doing into being through welcome refreshments, Rose tea, grounding, intention setting and quiet reflection in the peaceful countryside.

Sacred Cacao & Plant Connection

A ceremonial cacao experience creates space for mindfulness, reflection and heart-centred intention. An optional Hapé grounding ritual may be offered for those who choose it, approached respectfully and with personal choice at the centre of the experience.

Transformational NLP Coaching

Personalised coaching may explore confidence, self-worth, stress, overwhelm, life transitions, boundaries, relationships, purpose, limiting beliefs and the positive changes you wish to create.



Nature & Mother Earth

Time in nature is woven through the day: walking, journaling, stillness and mindful reflection offer an opportunity to reconnect with the natural world, experience peace and rediscover perspective away from technology and daily demands.

Luxury Wellness Dining

Fresh seasonal ingredients, locally sourced produce, whole foods, nourishing proteins, artisan snacks, fruits, herbal teas and botanical drinks create an abundant yet restorative dining experience tailored to dietary preferences.

Reiki & Hand Reflexology

A deeply nurturing session combines hand reflexology with Reiki, inviting relaxation, grounding, energetic balance and a deeper sense of connection between body, mind and spirit.

Sound Therapy & Shamanic Drumming

Therapeutic gongs, crystal singing bowls, sacred instruments and shamanic drumming create an immersive soundscape for deep relaxation, reflection and inner connection. Rhythm and resonance support a sense of grounding, calm and spiritual presence.



Integration & Bespoke Gift

The day closes with reflection, practical next steps and a personalised wellbeing gift, which may include a hypnotherapy recording, essential oil blend, journal, affirmations, herbal rituals or mindfulness resources.

Day Pass & Camping

The full-day experience is available without accommodation, with support available for finding nearby Cotswold accommodation. An optional bring-your-own-gear camping night can extend the experience with indoor bathroom access, an optional evening BBQ when weather allows, breakfast and a morning integration session before departure.

Closing

A sacred invitation to slow down, reconnect with nature and return to the wholeness already within you.



Ripple

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

www.ripplecoaching.net