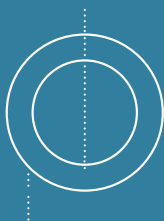




The Harmony Within Overnight

Part of the Within Collection from Ripple Coaching



More time to *decompress, integrate and resilient.*

Overview

For women who know they need more than a day to truly switch off, unwind and reconnect, The Harmony Within Overnight offers a deeper and more spacious retreat experience. A full day of personalised wellbeing is followed by an overnight nature immersion and a restorative half-day integration experience, creating time for meaningful reflection, nervous system recovery, emotional renewal and lasting change.

Investment

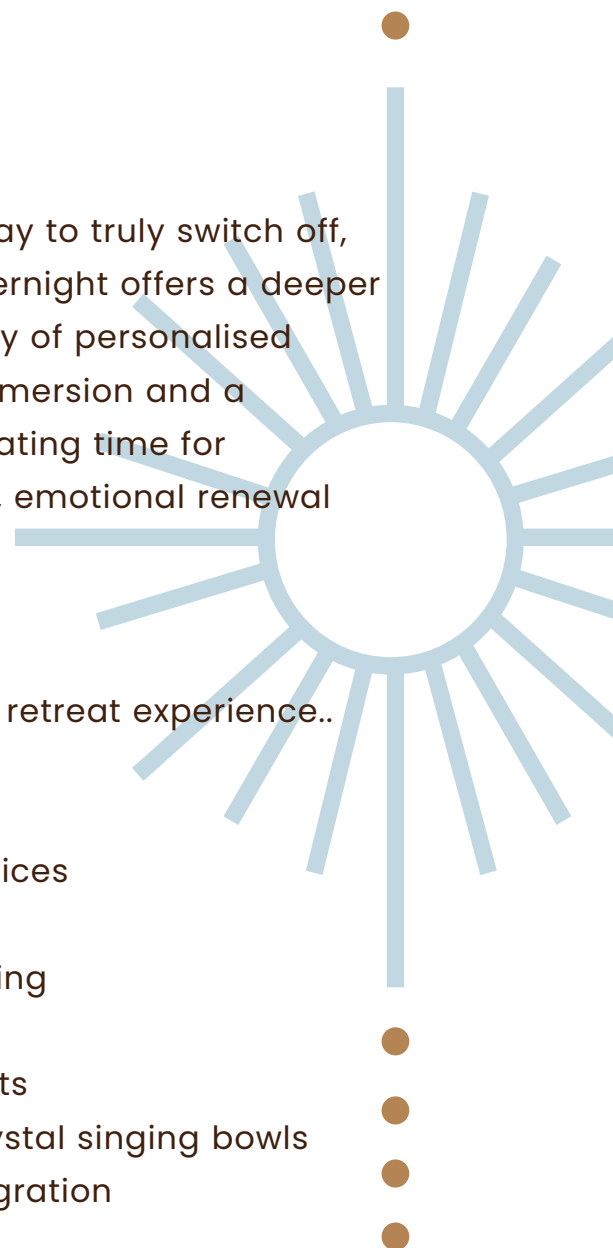
£2,222 per person - 1.5 days, private 1:1 bespoke retreat experience..

Day One – Restore and Reconnect

- Welcome ritual, Rose tea and grounding practices
- Sacred cacao experience
- Personalised NLP and burnout recovery coaching
- Nature immersion and reflection
- Luxury wellness lunch and healthy refreshments
- Sound healing with therapeutic gongs and crystal singing bowls
- Personal wellbeing planning and evening integration

Optional Countryside Camping

Bring your own tent and camping equipment and spend a peaceful evening within the retreat grounds, with access to indoor toilet and bathroom facilities. Weather permitting, enjoy a relaxed countryside BBQ, seasonal wholesome food, journaling, stargazing and quiet time in nature.



Day Two – Integrate and Renew

After a peaceful morning, camping guests enjoy a nourishing breakfast before a bespoke half-day programme. Depending on your needs, this may include integration coaching, advanced NLP, personalised hypnotherapy, further sound healing, mindfulness, nature practices and other appropriate restorative therapies.

Wellness Lunch

Before departure, enjoy a second nourishing seasonal wellness lunch prepared with fresh, high-quality ingredients, completing the retreat with the same care and attention as the transformational work.

Bespoke Gift

Your personalised wellbeing gift may include a hypnotherapy recording, luxury essential oil blend, wellness journal, herbal tea ritual collection, affirmations or tailored self-care practices.

Closing

More time to decompress, integrate and return home calmer, clearer and more resilient.



Ripple

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

www.ripplecoaching.net

