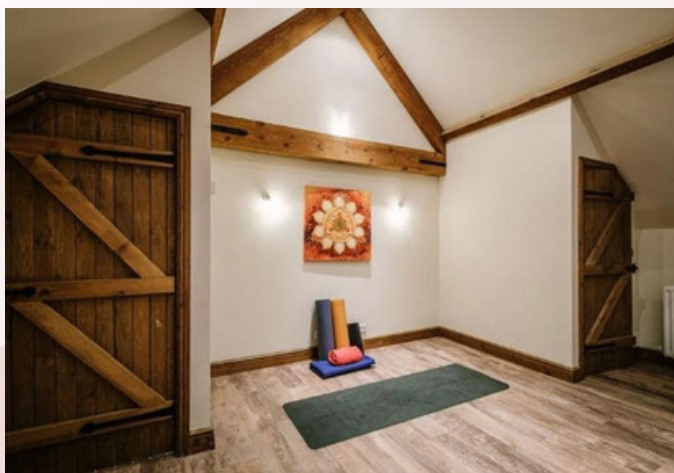


March 2023

REJUVENATING  
RETREAT



A nurturing 4-Day Residential Retreat in The Lake District (UK)  
23-26th March 2023 | From £450 per person



*Escape*

**NOURISH, RELAX, RESTORE**

Luxury accommodation

Delicious vegetarian food (including drinks, snacks & 2 meals daily)

An exciting daily course programme

Massage therapy

Hot tub!

PLEASE BOOK IN ADVANCE AT  
[WWW.THEQUANTUMQUESTIONS.COM/RETREATS](http://WWW.THEQUANTUMQUESTIONS.COM/RETREATS)

# About the hosts

Sam and Greg create a deeply nurturing environment for both your body and mind, offering the perfect haven for restoration and creativity. Sam's warm and nurturing presence combined with Greg's inspiring energy and optimism offers a uniquely transformational environment to put yourself in.



As well as being a qualified trainer of NLP, a Reiki Master, a graduate of The Monroe Institute, Greg has more recently studied extensively at the Institute For Quantum Transformation in Denmark, combining ancient knowledge with modern science.

He has also studied breathwork in India, the teachings of Yogananda in LA and spent time learning from Michael Singer in Alachua, Florida.

Greg currently teaches several online transformational programs including the 3 year meditation course at The Quantum Questions, as well as running or participating in retreats.

Sam was a beauty and holistic therapist and is a qualified NLP Practitioner, Reiki Level 2 Practitioner and Healing Codes Practitioner.

Sam is also a fully qualified Breathwork Facilitator with over 12 years experience and has trained with Sondra Ray in Liberation Breathing and Nathalia Westmacott-Brown at First Breath. She has run breathwork groups and runs a private practice for Rebirthing clients in person and on zoom.

In more recent years she has also trained with the Institute For Quantum Transformation who combine ancient knowledge with modern science.

Sam currently teaches several online transformational programs including The Breath Of Life program at The Quantum Questions.

## OUR CONTACT INFO

07885 480 303

Windermere, Cumbria. U.K.

[www.thequantumquestions.com/retreats](http://www.thequantumquestions.com/retreats)



## LOCATION

Set in the heart of the beautiful English Lake District, with breathtaking scenery it is renowned as being one of the most stunning places in the World. With 16 lakes, 150 high peaks and luscious fells, your trip will be filled with awe inspiring sights from the moment you arrive.

We are located a stone's throw from the stunning Lake Windermere, the largest natural lake in England and arguably the most beautiful of the lakes in the area.

For your convenience you can easily reach us by both road and rail.

## ACCOMMODATION

We aim to fulfil your needs as a guest, so the rooms are designed with comfort, sublime relaxation, silence and sleep in mind.

The house is located within the Lake District National park. Set off the beaten track away from the crowds, nestling in the trees. The house is full of character and charm with many original features and on colder nights we are warmed by a traditional blazing log fire.

Indoor and outdoor areas mean you can suit yourself when it comes to finding the perfect spot to journal, reflect or meditate.



## FOOD

We know that the right choice of food contributes greatly to your energy levels, personal well-being and comfort.

A tasty vegetarian menu specifically developed by Sam to allow for the nutritional requirements your body needs to be fully satiated and relaxed. With a variety of healthy drinks, tasty snacks and fruit always available between meals everyone will be lovingly catered for.

If you do have specific dietary requirements or a favourite dish remember to share when you book!



## YOGA

Ease yourself into each day with our gentle and superbly guided introductory Yoga sessions. This carefully constructed practice is specifically designed for people looking to efficiently enter and deepen their experience of silent meditation.

Each asana when practised with good intention will purposefully help to silence the mind, relax the body and open the spiritual heart.

Whether beginner or advanced, these sessions will benefit you greatly.

## GUIDED NATURE WALKS

Follow in the footsteps of the famous Alfred Wainwright as you ascend his first first ever climb in the Lake District. Retrace his path to understand why he fell so deeply in love with the glorious lakes when he ascended the fells to arrive at the summit of Orrest Head.

Alfred Wainwright (1907 - 1991) is, perhaps, best-known for his Pictorial Guides to the Lakeland Fells, a series of seven volumes describing the natural features, routes of ascent and descent and the view from the summits of 214 Lakeland fells.



## MASSAGE

We are delighted to have what has been described as “the most rejuvenating hands in the UK” as a part of this precious experience.

Whether you're looking to increase relaxation, remove stress, reduce body pain, muscle tension or soreness then massage is for you.

When your body relaxes, your mind naturally follows, resulting in improved circulation, energy and alertness.



## RELAXATION

We offer you the perfect choice of inner sanctuaries and natural open space for your relaxation, contemplation & silence.

Take your pick from a wide range of perfectly relaxing environments including places of natural beauty.

Take your favourite, choose from the spacious lounge, the library, your room, deeply relax on your yoga mat, a paddle in the woodland stream, sitting in the presence of an ancient tree or expanding on the vast open spaces of the fellside.

## MOVIES

Who doesn't love a good movie at the end of a long exhilarating day?

With our clear sense of purpose for this retreat (of wanting) to help deepen your understanding of inner silence these movies have been specifically selected.

Movies are great educational tools which can easily help to increase Self Awareness by enriching and expanding our personal perspectives.



## AFTERCARE PROGRAMME

We acknowledge that most participants will feel like they are immediately ready to grow beyond their new horizons. Not only do we encourage this, we applaud it and we support it directly for another 30 days through our carefully designed retreat practice program.

You will be given expert guidance and clear instruction about how to integrate "The Silent Breath" into your daily life. We are going the extra mile while supporting you in remembering that your ongoing practice of silence is vital in ensuring your retreat has the potential for even more profound, beneficial, life changing effects.

# What's Included

## ACCOMMODATION

(Linens & towels)

## THE PROGRAMME

Daily yoga

Guided meditations

Guided nature walks

Workshops & talks

Movies

## FOOD AND NOURISHMENT

(2 Meals per day with drinks and snacks throughout)

## HOT TUB

## OUR AFTERCARE PROGRAMME

## FREE PARKING

(Travel is not included but we can pick people up from Windermere if they arrive before 5.30 pm)

## EXTRAS

Massage Treatment - Book directly with Sam (£55 per hour)



## ACCOMMODATION PRICE LIST

Accommodation options listed below

PRIVATE ROOM (DOUBLE BED)

£850 PP

DOUBLE BED IN TWIN ROOM (SHARING WITH EN-SUITE)

£850 PP

SINGLE BED IN TWIN ROOM (SHARING)

£500 PP

SINGLE BED IN TRIPLE BUNK (SHARING)

£450 PP



GIFT YOURSELF THIS

# REJUVENATING RETREAT

[CLICK HERE](#) TO BOOK OR GET IN TOUCH!