



# MIDSUMMERS DREAM RETREAT

28th - 30th June 2024



A RETREAT TO INSPIRE CREATIVITY  
& ABUNDANCE

SCHOOL OF  
FORGOTTEN WISDOM

Trinity Breathwork





# A SUMMER GET AWAY

Are you craving more abundance in your life, do you feel like you spend a lot of time envisioning your dreams and desires, but there are still obstacles in the way of your dreams coming true?

The season of summer reminds us of the fertile and creative energy that's available to us when we channel it correctly. Mother Gaia teaches us of the abundance and life-giving energy of the earth and the importance of the giving and receiving love.

Creating inner balance for ourselves and filling up our own cup is a huge must when creating inner abundance.

This 2 day retreat is a time for you to be held and nurtured, to connect with your own relationship to abundance and creativity whilst being held by our Great Mother Earth. To check in with your own beliefs around creativity and abundance and highlight where you are maybe blocking your creative life force energy.



Space for 8 women, this intimate retreat is ready to welcome you exactly as you are!

**10% Discount Now Available - Enquire Below!**

✉ [hilaryfellis@gmail.com](mailto:hilaryfellis@gmail.com)  
✉ [sarah@sarahldavis.com](mailto:sarah@sarahldavis.com)

Payment Plans Available

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# THE ACORN WELLNESS RETREAT



The Acorn is nestled in the Nidderdale countryside, an Area of Natural Outstanding Beauty, close to the breath-taking Brimham Rocks.

From the moment you arrive you are enveloped in The Acorns tranquil and healing energy. Surrounded by trees, garden streams and the homely atmosphere you will instantly feel at ease and lean into the sense of space and stillness.

The Acorn is the perfect space to inspire, nurture, and nourish your mind, body, and soul and to be held and grounded by the beautiful surroundings of mother nature.

With a number of relaxation rooms available you won't be short on place to find some peace and quiet or perhaps you would prefer to spend your time relaxing in the steam room and sauna.

With generous space and opportunity to spend time relaxing, this beautiful space offers comfort, luxury, and peaceful energy.



## HERES HOW YOU CAN EXPECT TO FEEL

With an intimate group of 8 women the weekend has been created to allow you to feel seen, heard, held, and nourished. The practices we have curated will help you to become curious, to explore the edges of your inner world and to re-connect with yourself on a deeper level. Helping you to feel inspired and empowered.



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# *testimonial*

"I had the privilege of attending a weekend retreat recently, and I can't help but express my heartfelt gratitude for the incredible experience it provided. The moment I set foot in the place, I felt like I had stepped into a magical realm and instantly felt like home.

One of the aspects that made this retreat truly special was the small group size. It was just the perfect setting for the location and the type of retreat it was. What made it even more exceptional was the diversity of the participating ladies. Each one brought something unique and beautiful to the table, and yet, there was this incredible sense of connection that bound us all together with an open heart and mind".

*Laura*







## WEEKEND EVENTS

Opening Ceremony  
Meditation  
Exploring Abundance  
Time in Nature to  
Gather & Forage  
Earth Altar Creation  
Breathwork  
Fire Ceremony

Embodied Movement  
Self Reflection  
Exploring Self Love  
Relaxation  
Treatments  
Reiki Healing  
Plant Based Meals  
Closing Ceremony





# MEET YOUR HOSTS

The Midsummers Dream Retreat is lovingly hosted by Hilary at Trinity Breathwork and Sarah at School of Forgotten Wisdom.

It is our wish for you to discover more about yourself and your inherent gifts, to feel held and truly seen in your unique essence.

Why? Because this is what we have done for one another. We are more than retreat hosts, we are soul family who share all the messy parts of marriage, parenthood, childhood trauma and spiritual awakening (the list goes on) and not to mention the joy and happiness of this human experience.

We recognise that without community, connection and support it can be challenging and overwhelming to step into your true nature. It is our hope that you will be enveloped in our compassion and love for one another so you too can feel supported to be your true self.



# *testimonial*

"Wow what a beautiful weekend. I feel truly seen and held.

Hilary and Sarah create such a safe environment to be part of and bring their unique energies to creating such magic for women to experience.

So much time, effort and details had gone into this weekend to ensure that we were nourished, heard and connected. This weekend has reminded me about the need to connect to myself and with other like-minded women.

There was so much beauty, wisdom and guidance offered that will stay in my heart forever"

*Charlotte*







# ACCOMMODATION

There are three accommodation options available. All rooms are inspired by Mother Nature and crafted from the most beautiful, natural wood.

All rooms are equipped with indulgent non-allergenic duvets and 100% Egyptian cotton bedding to ensure a restful nights sleep.

Robes and towels are provided

Your retreat price includes a 2-night stay with the use of all facilities including, 3 relaxations rooms, steam and sauna, gardens, fire circle, activities and all plant-based meals and refreshments.



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# SAMARA

## OPTION 1 - No Longer Available

Samara is our only single occupancy room. This stunning, spacious room has its own large, king-sized bed and impeccable ensuite. Designed for the perfect nights rest.

Cost includes accommodation, food, use of sauna, steam room and all classes and services offered by the facilitators.

£893pp - Early Bird Price £804pp



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# CONKER

## OPTION 2 - No Longer Available

This charming shared occupancy room is simply delightful. It holds 2 double beds within a cute and playful "Swiss Alps" style cabin bunkbed.

Ideal for 2 ladies sharing that want a little more than a single bed. This room also has its own ensuite bathroom.

Full Price £74Opp - Early Bird Price £666pp



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# THISTLE

## OPTION 3

Within these beautifully furnished bedrooms with luxurious 100% Egyptian cotton bedding, you will find spacious single beds, sharing with others (max 3 in a room) – There are 2 shared rooms available, 1 with 3 single beds and 1 with 2 single beds.

Both rooms share a spacious and welcoming communal bathroom with shower.

Full Price £688pp - Early Bird Price £619pp



# CHESTNUT



# THE HEARTWOOD KITCHEN



## FOOD GLORIOUS FOOD!

We are thrilled to welcome back gorgeous Sarah, our retreat chef.

All meals are nourishing and lovingly prepared by Sarah, The Acorn's inhouse Plant Based/Vegan Chef.

Sarah cooks using local, organic wholefoods, and where possible, seasonal. The bespoke menu has been curated to warm you from the inside out and support you throughout the weekend. Included will be breakfast, lunch, dinner, snacks and oodles of herbal tea and refreshments.



Below is a review taken from our Laura who attended our Stargazers Retreat in October

“But let's talk about the food - it was nothing short of a revelation! I can't remember a time when I ate so well at a retreat. Sarah, the culinary genius behind it all, radiated a deep love for her craft, and it was evident in every bite. I'm eagerly looking forward to trying out her recipes at home, hoping to capture just a fraction of the magic she conjured in those dishes.”

# REST & RELAXATION



## The Wellness Bud

The 'Wellness Bud' has both sauna and steam facilities with hot and cold shower. We encourage guests to brave the cold shower in between heat treatments to encourage their immune systems and invigorate their bodies and minds.

\*Individual treatments such as massage, reiki, reflexology and crystal healing maybe arranged prior to the retreat at a separate cost. Conditions apply.

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## Relaxation Spaces

As you wander through the relaxation rooms, surrounded by enticing books and homely touches, you find 'Blossom'. A garden view room that exudes serenity with day beds. Perfect for those much needed moments of solitude.

In the summer, the doors are flung open and birdsong floods in with sunlight and grassy aromas.





# TERMS & CONDITIONS

## PAYMENT DETAILS

Included in the price is the accommodation, use of all facilities such as sauna and steam room, breakfast, dinner (Friday evening), breakfast, lunch, and dinner (Saturday) and breakfast and lunch (Sunday). Treatments come at an additional cost and must be paid for, in full prior to the start of the retreat.

Healthy snacks and refreshments will be available all weekend. All daily practises and teachings are optional but included in the cost of your stay.

## PAYMENT OPTIONS

A non-refundable deposit of £120 must be paid to secure your space.

There is an option to spread payments over 4 instalments the first instalment would be your deposit.

Final payment must be made 8 weeks before the start date of the retreat.

## CANCELLATION POLICY - RETREAT BOOKINGS & PAYMENTS

All retreats, unless otherwise stated will be delivered by School of Forgotten Wisdom & Trinity Breathwork.

Bookings are only reserved once payment of the non-refundable deposit is received.

All deposits are non-refundable and non-transferable. All bookings must be paid via bank transfer to Sarah Davis on behalf of School of Forgotten Wisdom, you will receive receipt of your payments via email upon request.

The final retreat balance must be paid no less than 8 weeks before the retreat unless stated otherwise in your agreement. You are entitled to cancel your place at any time; however, School of Forgotten Wisdom and Trinity Breathwork is entitled to keep 100% of the retreat cost.

It is at School of Forgotten Wisdom and Trinity Breathworks discretion to refund 50% if another person can fill the place. No exchanges are permitted.

School of Forgotten Wisdom and Trinity Breathwork are entitled to cancel the retreat at any time and will provide a full refund no more than 14 days after the decision has been made.

We do not accept any liability for cancellations due to the event of natural disasters, terrorist actions, threats of war, travel disruptions, civil unrest and any other issues that are out of our control or changes in your personal circumstances that mean you can no longer attend.

# TERMS & CONDITIONS

## RETREAT HEALTH & SAFETY

You must advise School of Forgotten Wisdom or Trinity Breathwork prior to the retreat if you have any illnesses or are pregnant.

Before the retreat you must read and sign the retreat release form & waiver. If you have not sighted a copy of the release form & waiver please request a copy.

Before booking, you must consult a doctor to ensure you are fit to attend the retreat.

In case of emergency, we will endeavour to assist you in every way, but School of Forgotten Wisdom and Trinity Breathwork does not take responsibility for any accidents or injuries you may receive on the retreat.

We endeavour to make the retreat environment a safe place for you, however, we will not take responsibility for any injuries or accidents that occur on the retreat.

Embodied movement, classes and activities are taken at your own risk.

We are entitled to ask you to leave the retreat if you display any anti-social behaviour.

The retreat has a strict no alcohol and illegal drug use policy.

## RETREAT TRAVEL

All travel arrangements to and from the retreat are your responsibility and at your cost.

School of Forgotten Wisdom and Trinity Breathwork does not take responsibility for any travel disruptions, cancellations or delays to your travel arriving or departing from the retreat.

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