



Mind-Dala Retreats

**Mind, Body & Soul
Transformation**

**The Wenning
Bentham, Yorkshire Dales**



Intention

At Mind-Dala Retreats you will learn how to harness the power of your thoughts, emotions and behaviours to discover how to heal yourself of any limiting beliefs that may be holding you back in life. learn how to develop healthy habits of the mind, so that limitations fall away and anything becomes possible.

We are passionate about putting your well-being first, you will have time to experience moments of peace, calm and reflection so that you may return to your life feeling like a new person, ready to take on any challenges, feeling more mentally, emotionally and physically balanced.



What to expect

Join us on a journey to feel happier, healthier, energised and balanced, by connecting to mind, body & soul.

Connect to your mind

Rapid Transformational Therapy: a pioneering new therapy method which harnesses the most powerful asset on the planet - the mind!

RTT is a combination of the most effective techniques from NLP, CBT, hypnotherapy, and psychotherapy. It rapidly rewires the neural pathways of the brain replacing our outdated belief systems and negative patterns of behaviour, to deliver permanent change from physical, emotional and psychological pain by reframing our core beliefs, values, habits and emotions that are deep in the subconscious mind.

Connect to your body

Daily yoga & meditation, hiking in the beautiful yorkshire countryside, feel more grounded as you feel present with nature. Feed your body with healthy nutritious plant based food with daily cleansing juices and smoothies.

Connect to your soul

Rest and reset, have the time and space to feel connected to yourself, whilst taking time out of the daily hustle and bustle so that you can heal, grow and meet like minded people to share new experiences with and make meaningful connections.



A photograph of two women at sunset. The woman on the right is lighting a candle for the woman on the left. The woman on the right has her eyes closed and a serene expression, while the woman on the left looks towards her. The background is a soft, golden glow from the setting sun.

**“You can rise up from
anything. You can
completely recreate
yourself. All that matters
is that you decide today
and never look back.”**

– Idil Ahmed



Day one

- 4:30pm Arrival, check-in to your rooms and make yourself comfortable
- 5:00pm Welcome drinks & healthy nibbles
- 5:30pm Sharing circle to kick start the retreat
- 6:00pm De-stress guided meditation and emotional freedom technique to release worries, fears and tension
- 7:30pm Nutritious plant based meal
- 9:30pm Wind down evening meditation preparing for deep relaxing sleep





Day two

- 8:00am Mindfulness and energising slow vinyasa flow Yoga
- 10:00am Ginger shot & green juice
- 10:30am Brunch
- 11:30am Group walk in the beautiful Yorkshire Dales countryside, connecting with nature meditation
- 1:00pm Free time to relax, either enjoy your personalised reiki & massage, take a dip in the hot tub, chill out in the sauna or find some peace and calm in one of the relaxation spaces
- 3:30pm Light lunch
- 4:30pm Workshop, how stress affects the body, the Brain-Gut connection. Rapid transformational therapy group session to release and let go of emotional stress
- 7:00pm Sound healing meditation
- 8:00pm Nutritious plant based meal
- 9:30pm Fire ceremony





Day three

- 8:30am Mindfulness and morning yoga
- 10:30am Ginger shot & fresh smoothie
- 10:45am Brunch
- 12:00pm Workshop, building confidence and self esteem and developing a growth mindset to achieve your goals with Rapid Transformational Therapy group session
- 2:00pm Free time to relax, enjoy your personalised Reiki & massage, take a dip in the lake or spend time relaxing in the hot tub or sauna
- 4:00pm Light lunch
- 5:00pm Breathwork and emotional freedom technique, gain clarity and reconnect to your true essence.
- 7:00pm Nutritious plant based meal
- 8:30pm Group sharing circle and fire closing ceremony





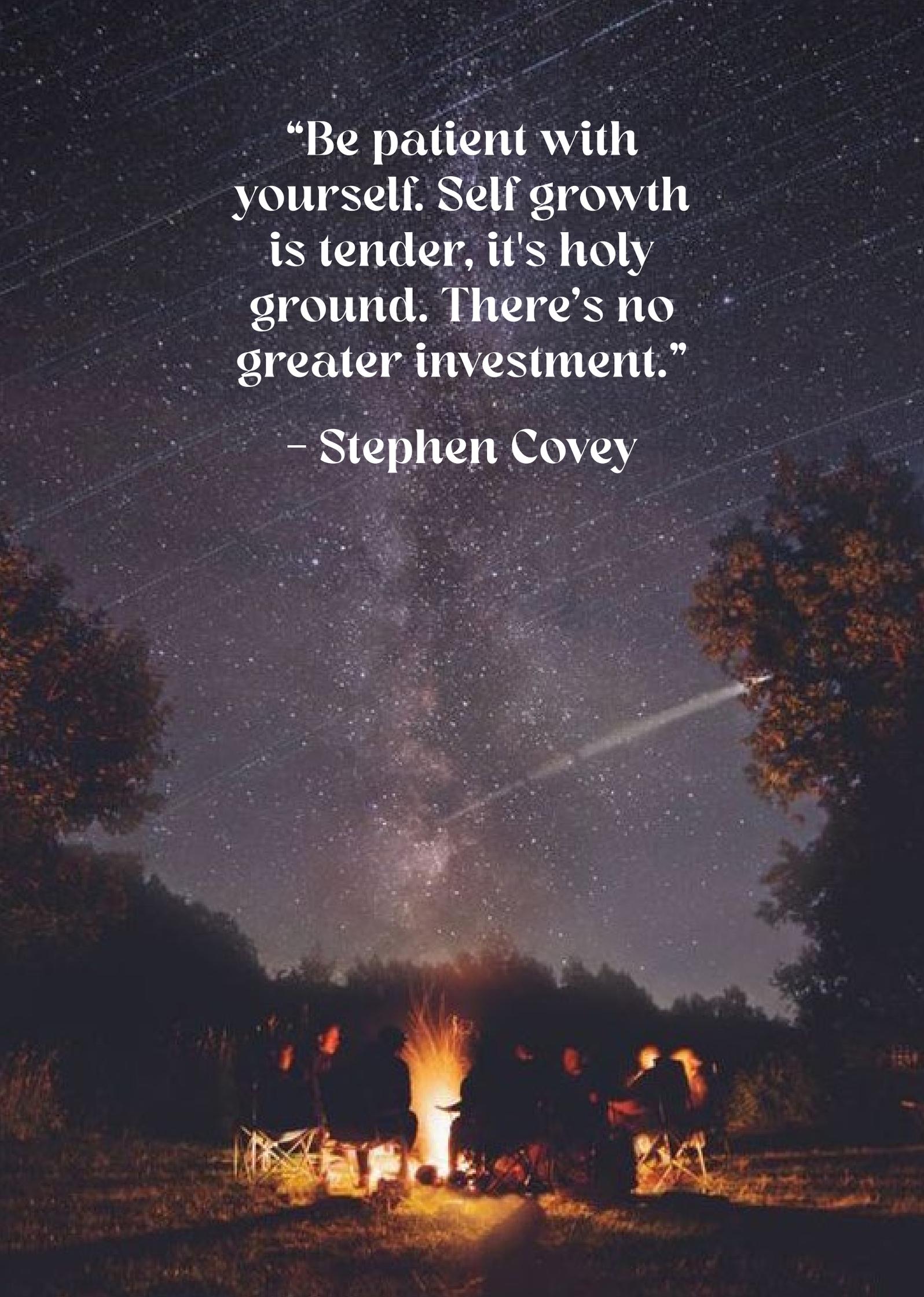
Day four

- 8:00am Morning mindfulness & gratitude meditation
- 9:00am Breakfast
- 10:00am Check out feeling refreshed, revitalised
and empowered



**“Be patient with
yourself. Self growth
is tender, it's holy
ground. There's no
greater investment.”**

– Stephen Covey



Inclusions

- 3 Nights Accommodation
- Daily Nourishment, wholesome home made meals including herbal teas, coffees and drinks
- Relaxing Massage & Reiki session
- Sound Healing Meditation
- All Activities and Workshops
- Yoga
- Meditation & Mindfulness
- Hiking in Nature
- Rapid Transformational Therapy
- Breathwork Exercises
- Emotional Freedom Technique
- Hot Tub & Sauna
- Parking available

Exclusions

- Travel - please make your own travel arrangements
- If travelling by train, a pick up at Bentham train station can be arranged
- Please bring your own yoga mat and blocks if you have them
- Alcohol, but feel free to bring your own





Investment

Twin shared room - £900 per person

Bunk shared room - £850 per person

Double Private room with Ensuite - £1250

Payment plan available on request

Reservations

To make a reservation, book in for a 1:1 Discovery call with Lauren, your host.

[BOOK MY DISCOVERY CALL WITH LAUREN](#)





Sustenance

At Mind-Dala we are passionate about healing, which has inspired us to explore a plant based diet to support better health and immunity.

Using a diversity of vegetables, fruits, legumes, nuts and seeds our dishes are designed to support your gut microbiome health, supporting your healing journey. Discover how tasty and exciting vegetables can be, with delicious recipes cooked & shared in house by our personal chef, Martin. We strongly believe in Good Mood = Good Food and plan on nourishing you from the inside out!





Sample Menu

Morning

Ginger Shot

Green Juice

Avocado, spinach, kale, apple, mint, coconut water

Brunch

Homemade Granola

Fresh fruit, yoghurt, local honey

Chickpea & Spinach Shakshuka

Harissa tofu, avocado, tahini & coriander dressing, toasted seeds

Lunch

Roast Cashew Cream of Cauliflower Soup

Curried chickpea, celeriac & garden greens salad

Dinner

Loaded Sweet Potatoes

Corn, black bean & red pepper stuffing, red cabbage slaw, almond queso fresco, smokey pineapple and tomato salsa, blue-corn tortilla

Sweet Treat

Plant Based Chocolate & Peanut Butter Brownie

Banana & cinnamon ice cream





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