



Mind-Dala

Retreats

Mind, Body & Soul
Transformation

Hade Edge
Holmfirth
Peak District



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 It rapidly rewires the neural pathways of the brain replacing our outdated belief systems and negative patterns of behaviour, to deliver permanent change from physical, emotional and psychological pain by reframing our core beliefs,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.

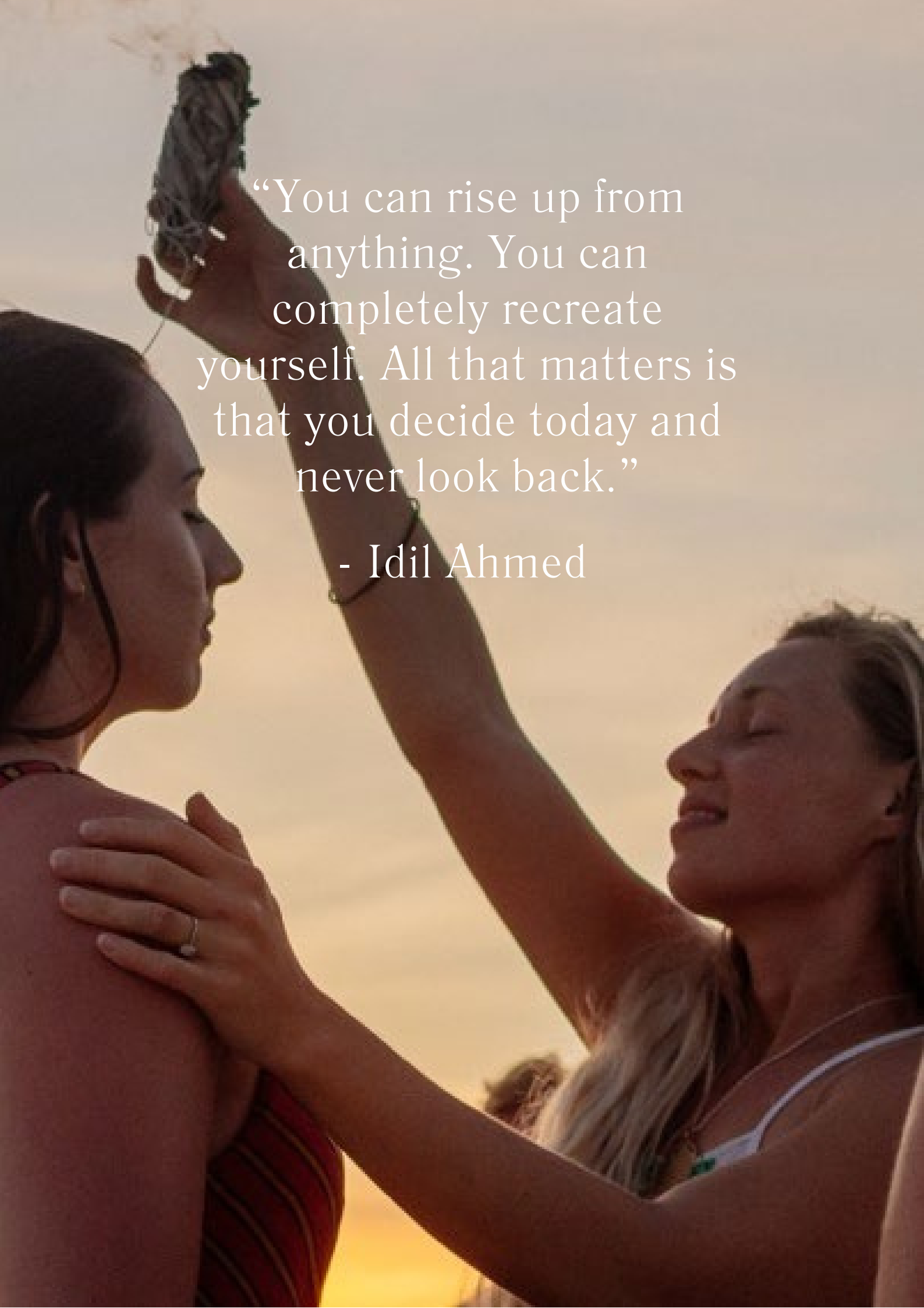
Connect to your body

Mindfulness, movement & 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 in profile against a sunset background. 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 the candle. The scene is bathed in the warm, golden light of 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

- 5:30pm Arrival, check-in to your rooms and make yourself comfortable
- 6:00pm Welcome drinks & healthy nibbles
- 6:15pm De-stress guided meditation
- 6:30pm Sharing circle to kick start the retreat
- 7:30pm Nutritious plant based meal
- 9:30pm Wind down evening meditation preparing for deep relaxing sleep





Day Two

- 8:00am Ginger shot
- 8:15am Mindfulness, movement & meditation
- 8.45am 9:15am Green smoothie
- 9:15am Emotional freedom technique to release worries, fears and tension
- 10:00am Brunch
- 11:00am Free time to relax, unwind, enjoy the hot tub!
- 1:30pm Gut health workshop
- 2:30pm Lunch
- 3:30pm Free time to relax
- 5:00pm Rapid Transformational Therapy group session
- 7:30pm Nutritious plant based meal
- 9:00pm Fire ceremony releasing limiting beliefs





Day Three

8.30am Ginger shot

8:30am Mindfulness, movement & meditation

9:00am Green smoothie

9.15am Breathwork & emotional freedom technique gaining clarity

10:00am Brunch

11:30am Group walk in the beautiful Yorkshire countryside

1:30pm Free time to relax

2:30pm Lunch

3:30pm Free time

5:30pm Sister circle & cacao ceremony

7:30pm Nutritious plant based meal

9:00pm sharing circle and fire closing ceremony setting intentions

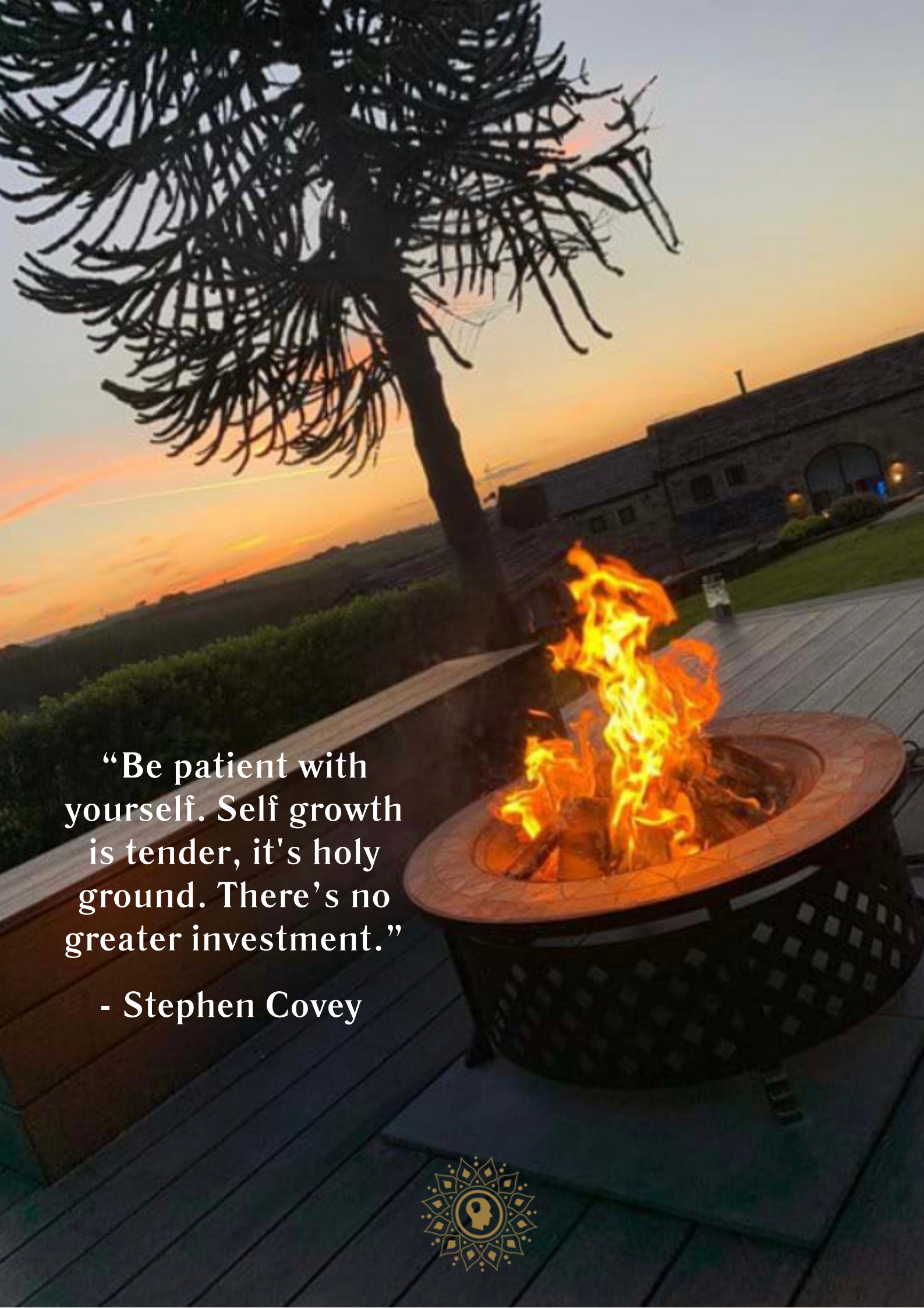




Day four

- 7:30am Morning mindfulness & gratitude meditation
- 8:30am Breakfast
- 9:45am 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
- All Activities and Workshops
- Cacao Ceremony & sister circle
- Rapid Transformational Therapy
- Gut Health Workshop
- Meditations & Mindfulness
- Hiking in Nature
- 1:1 Rapid Transformational Coaching Session
- Breathwork Exercises
- Emotional Freedom Technique
- Hot Tub
- Parking available

Exclusions

- Travel - please make your own travel arrangements
- If travelling by train, a pick up from a local train station can be arranged
- Alcohol - feel free to bring your own





Investment

Deluxe Private Ensuite - £1444

Private room - £1333

Twin shared room - £1111 per person

Bunk shared room - £999 per person

Monthly payment plan available

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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