

New
series

Which way now?



This month, our new Retreat Editor, founder of Queen of Retreats Caroline Sylger Jones, explores retreats that help you plan your life

What a luxury for us that there is such a thing as a life coach. There is no other relationship where someone is totally focused on you, what you want, and what will help you achieve it. Having someone listen to you who is unbiased, non-judgemental, intelligent and honest is hugely liberating, and experiencing this on a dedicated retreat is a perfect way to kick-start your life.

The best life coaches on retreats work with you to help you determine and achieve your goals by addressing every aspect of your world, from your relationships, career and lifestyle to your finances, personal growth and purpose. Mentors, guides and narrative strategists also run retreats to help you work out how to move forward with creativity and confidence. While coaches listen to you and ask questions in a clever way to help you 'own' your situation, mentors and strategists also share their own experiences and suggest solutions.

A life coaching retreat is ideal if you are at a crossroads. You may be setting up your own business, dealing with a big



change, such as divorce, relocation or a new job, or you might just have a niggling feeling that your life isn't quite right. They can help you work on a specific issue, such as courage or time management, or work out what is truly important to you.

Time to take life by the horns

You don't have to have a 'situation' to deal with to benefit from a retreat of this kind. Coaching isn't therapy – it's for people who are ready to embrace life and act positively. Decide if you want a group retreat, or would prefer to have a bespoke arrangement. Always have a conversation with the coach before you book to check that you will take to coaching – it's very much a two-way process – and that there's good 'chemistry' between you.

Overleaf are retreats run by coaches, mentors and strategists that myself or a writer I trust has reviewed and recommended. All offer after-care packages and the option of further coaching, or you could buddy up with someone you meet on a retreat to help you both make the changes you need. • queenofretreats.com



PHOTOGRAPH: STOCKSY

Win! A seven-night health and wellbeing retreat for two people, worth more than £2,000, at La Crisalida Retreats in Spain

La Crisalida Retreats is a holistic health and wellbeing retreat located on the beautiful Costa Blanca. As part of their Life Makeover

retreat, you can explore and reconnect with the inner, authentic you, while enjoying twice-daily yoga classes, meditation

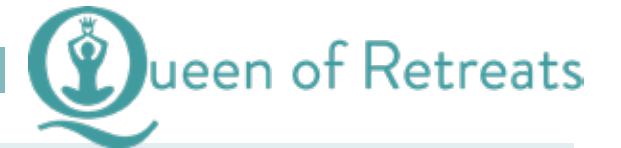
sessions, daily guided walks, exercise classes and much more.

For more information, visit lacrisalidaretreats.com and read our review at queenofretreats.com/retreat/la-crisalida-retreats

Retreats to help you plan your future

Queen of Retreats rates and recommends these energising and illuminating retreats

for those seeking clarity and answers in life



Realise dreams

A CREATIVE REBOOT

Strategic Space Retreats, France

Create a plan for the next chapter of your life in Burgundy with talented narrative strategist Julie Hosler, who uses the transformative power of story to help you achieve bigger things in your life. Choose a four-night group Personal Strategy Retreat from 10-14 October at the gorgeous and luxurious Chateau de Mailly, or book a private retreat year-round in the fairytale village. You'll leave energised and focused.

Review: queenofretreats.com/retreat/strategic-space-retreats-worldwide
 • thestrategicspace.com



Life in focus

FIND YOUR WAY

Mindfulness Journeys, worldwide

Mindfulness Journeys provides authentic, intimate meditation, yoga and sound-healing retreats to give you the clarity you need to make the right decisions in your life. Choose group or bespoke retreats at curated boutique venues in Greece, Morocco and Italy. Expert teacher Brian Hilliard and his partner, Shannon van Staden, gently hold the space to allow deep connection, and all levels are welcome.

Review: queenofretreats.com/retreat/mindfulness-journeys-retreats-worldwide
 • mindfulnessjourneys.com



Time to think

RELAXED REVIVAL

Serenity Retreats, Greece

Take a breath and refocus yourself on these wonderfully affordable beach-front meditation-based holidays for solo travellers on the laid-back island of Lefkada. Led by Zen Buddhist teacher Kim Bennett, they offer meditation sessions with the option to join other wellbeing sessions and enjoy treatments and trips. Rejuvenate with sea and mountain views, just a 30-minute drive from the airport.

Review: queenofretreats.com/retreat/serenity-retreat-greece
 • serenityretreat.co.uk



Support and care

REFRESH YOUR MINDSET

Witherdens Hall, England

This delightful sanctuary in rural East Kent offers the tranquillity and space you need to reflect, reassess and reaffirm. Create an entirely bespoke retreat with a diverse group of talented local therapists, who offer mindfulness training, yoga, organic facials, massages, holistic treatments and life coaching. You'll feel nurtured in a pretty converted self-catering cottage and have use of an infrared sauna.

Review: queenofretreats.com/retreat/witherdens-hall-kent-england
 • witherdenshall.co.uk



Space to reflect

REDISCOVER YOU

Little French Retreat, France

Refocus on an Autumn Cleanse from 27 October to 1 November at this charming haven, with twice-daily yoga, natural healing techniques, Ayurvedic food and coaching to give clarity and strength, and to help you let go of emotional blocks and move forward. The retreat includes Ayurvedic lifestyle consultations and there are woodland trails and a medieval town to explore while you reconnect with yourself.

Review: queenofretreats.com/retreat/little-french-retreat-france
 • littlefrenchretreat.com



Make the change

TRANSFORM YOURSELF

Get Unstuck in Two Days, Spain

Are you feeling stuck in your life or at a crossroads with big decisions to make? This totally private retreat with personable mentor and guide Jessica McGregor Johnson will help you work out what comes next, and how to achieve it in the wonderful mountain setting of the Alpujarras in southern Spain. Accommodation is in beautiful boutique B&Bs, and you can choose dates to suit you.

Review: queenofretreats.com/retreat/get-unstuck-in-two-days
 • jessicamegregorjohnson.com



Life overhaul

THE REAL YOU AWAITS

La Crisalida Retreats, Spain

You can arrive and depart on any day of the week and stay for as long as you need at this holistic retreat in Albir. Find the authentic you on a Life Makeover retreat by combining your choice of coaching workshops, yoga, meditation, walks, nutritious plant-based meals and a juice detox. This is the perfect chance to reassess your life, and you'll leave feeling balanced and ready to take your next steps.

Review: queenofretreats.com/retreat/la-crisalida-retreats
 • lacrisalidaretreats.com



Regain balance

A NEW BEGINNING

The Pure Pause, Italy

A chance to reconnect to the life force that is available to us all, this 10-day retreat from 4-13 February 2019 is led by psychotherapist Danielle Marchant at a luxury spiritual retreat. Cleanse your system with nourishing food, yoga and meditation; strengthen your body and find emotional balance with hands-on healing; and then integrate it all with coaching and facilitated group sessions.

Review: queenofretreats.com/retreat/pause-retreats-worldwide
 • lifebydanielle.com/retreats