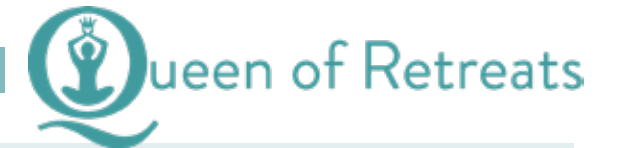


# Retreats to help you plan your future

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](http://queenofretreats.com/retreat/strategic-space-retreats-worldwide)  
 • [thestrategicspace.com](http://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](http://queenofretreats.com/retreat/mindfulness-journeys-retreats-worldwide)  
 • [mindfulnessjourneys.com](http://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](http://queenofretreats.com/retreat/serenity-retreat-greece)  
 • [serenityretreat.co.uk](http://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](http://queenofretreats.com/retreat/witherdens-hall-kent-england)  
 • [witherdenshall.co.uk](http://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](http://queenofretreats.com/retreat/little-french-retreat-france)  
 • [littlefrenchretreat.com](http://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](http://queenofretreats.com/retreat/get-unstuck-in-two-days)  
 • [jessicamegregorjohnson.com](http://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](http://queenofretreats.com/retreat/la-crisalida-retreats)  
 • [lacrisalidaretreats.com](http://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](http://queenofretreats.com/retreat/pause-retreats-worldwide)  
 • [lifebydanielle.com/retreats](http://lifebydanielle.com/retreats)