GOOSEDALE LODGES
WELCOMES

# HOLISTIC HEALTH RETREATS

REIKI HEALING ❁ SOUND HEALING THERAPY ❁ YOGA
BIORESONANCE TESTING ❁ AURA CLEANSING & BOOSTING ❁ MEDITATION
CRYSTAL HEALING MASSAGE ❁ NLP TALKING THERAPIES

A BESPOKE RETREAT TO HEAL AND NOURISH YOUR MIND, BODY & SOUL....







# WHAT WILL MY RETREAT INCLUDE...








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# OUR STORY

Our dream has always been to help people and make a positive difference in this world. We are great champions of Health being our greatest Wealth. We have personally, extensively researched and experienced every type of retreat globally from detox retreats to silent retreats and everything you can quite literally imagine, in-between.

With all this experience under our belt and personally training in many specialist therapies along the way, that have been truly transformative in our own lives and beneficial to friends and family, having helped in healing many ailments and classed as 'mini miracles'.

We felt passionately that there was a gap in the market for a bespoke, holistic health retreat which was individually tailored to every guest's personal wellbeing needs.

So we set off to achieve this by combining the best parts of the various approaches in one positively life changing holistic health & healing retreat. We have ran bespoke, tailored retreats abroad previously with astounding results so we decided to bring this experience to the UK, within the beautiful grounds of; The Goosedale Estate, set within over 100 acres of private, picturesque countryside with breath-taking views and stunning sunrises and sunsets. The luxury lodges you'll stay in, overlook a beautiful lake setting and its the perfect place to unwind and heal. We cannot wait to welcome you and provide a safe, serene environment for an incredibly, unforgettable experience.

Our retreats are the first of its kind in the UK and combine many ancient practices with new age therapies. It's a well-deserved opportunity for you to step away from your everyday life demands, be pampered, gain mental clarity and a new found energy on every level; both emotionally and physically too. Our team will be on hand 24/7 to help nurture and nourish you on every level bringing back your zest for life whilst you just relax and let the magic of your retreat wash over you.



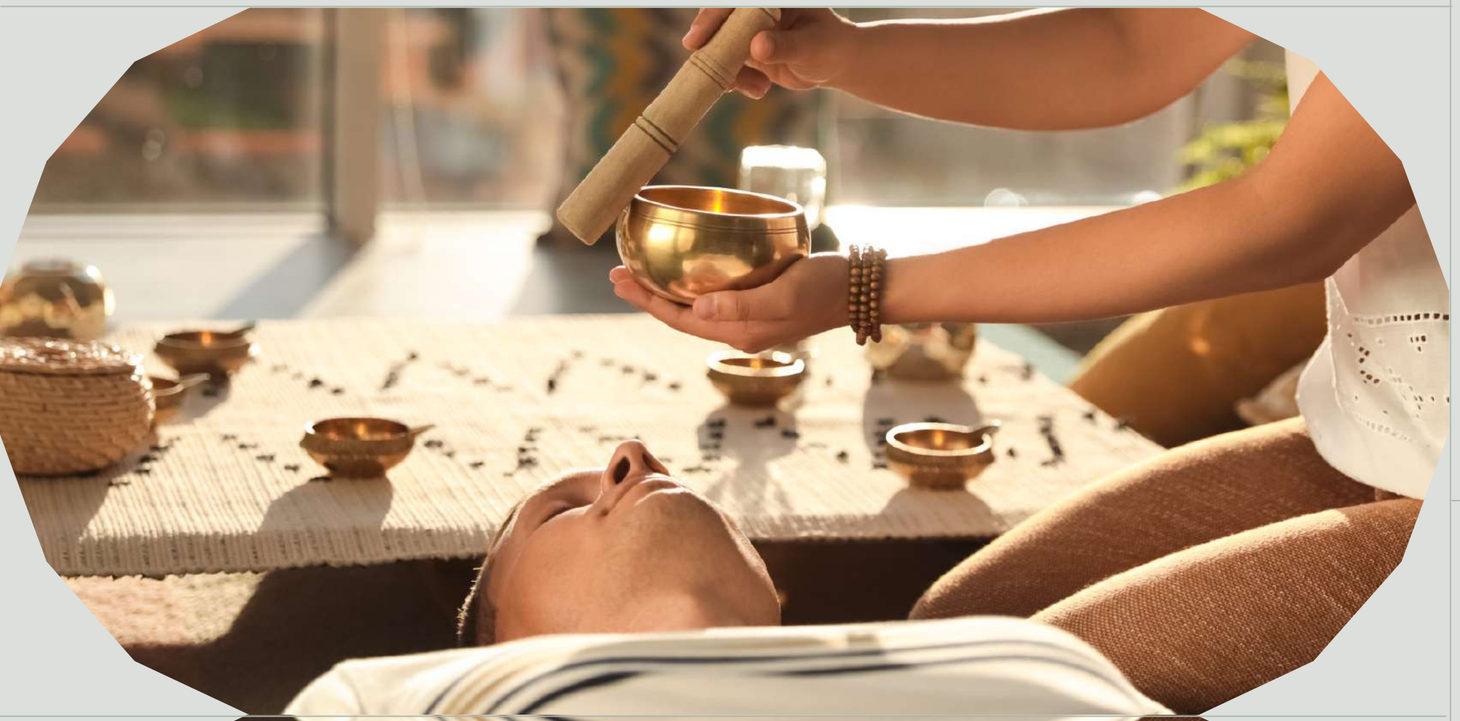
**Our practitioners are highly experienced and known to carry testimonials of *'life changing positive results'* from many clients around the world...**

**"The treatment is unexplainable! My body was able to release blockages that I've been getting months of therapy for! It's my new sanctuary to allow my energy to be restored especially with everything going on at the moment! Cannot Thank You enough or recommend you more!**

**- Lucy Shaw -**

OUR

# PHILOSOPHY



## A TRULY TRANSFORMATIVE RETREAT EXPERIENCE

We are passionate about providing a personalised bespoke retreat experience to help you reconnect with your highest and best self by immersing your physical, emotional, mental and spiritual body in nature whilst through many different therapies you release and trapped emotions and limiting self beliefs. Rest and relax on a deeper level whilst retreating in perfectly picturesque natural surroundings bringing you inner peace and tranquillity along with restoring your sense of true self. Healing both Mind, Body and Soul with our dedicated, world renown practitioners through their various therapeutic approaches. They assure to help you achieve your wellness goals and will provide you with both the tools and support to create a lasting change so you can continue your healing journey long after the retreat.

MEET

# OUR CORE TEAM



CO-FOUNDER

Gurpal



CO-FOUNDER

Gaurika



RESIDENT CHEF

Aisha



THERAPIST

Niamh



# ABOUT
# OUR FOUNDERS

We are extremely passionate about making a positive difference through serving humanity as a driver at our core, by supporting their mind, body and soul through holistic wellbeing practices increasing health, longevity and all around happiness!

Gaurika's authentic down to earth nature, along with her honest approach, makes her an intuitive Counsel and Healer with an international client list also having worked with a string of celebrities. She is considered to be one of the most genuine in the business. She has previously also worked with the internationally renown; Psychic Sisters in London for a number of years before relocating to Nottinghamshire. Gaurika is praised for her accurate insight and clarity. Using her gift, she can guide you in all areas of your life. Having trained in an array of complimentary holistic therapies, she can assist on many levels, through various practices to help rebuild self esteem, healthy habits, confidence and a sense of purpose. She has an impressive list of testimonials where people have achieved genuinely life changing results through her services.

Gurpal, has personally been on a journey of spiritual growth and inquiry. He has been integral in the running of several businesses after graduating at London School of Economics and has always strived to finding 'the balance' in this world through his own unique experience in achieving optimal holistic health through mind, body and soul. He has studied several wellbeing courses and trained in yoga, meditation and energy healing. Gurpal is a true connoisseur, having tried every therapy possible to find the perfect mix of 'what really works' through a holistic approach. This has given him a unique gift and capacity to connect with people on a deep level and personally knows the possibilities of 'Miraculous Healing and Growth'. He has coached many people in achieving a positive and focused mindset and has a number of easy, daily tools and practices to live a happy life whilst being present.

Gurpal has a very hands-on approach and will do his utmost to ensure everyone has an experience that truly enhances their lives for the good and better. He is also the proud Founder of the newly created NNES; Nottingham New Earth Society, which is a collaborative group striving to bring about positive changes in society as a whole.

Gurpal and Gaurika are also the proud co-founders of The successful Spirit & Wellbeing Show which has been held in Nottingham and had guests attending from all over the UK for a day immersed in all things wellbeing.

# WHAT WE OFFER



01 Nourishing, organic, fresh food prepared daily - Our philosophy of 'You are what you eat & wellness truly starts from within'

02 Holistic Healing therapies ranging from various Energy healing therapies, Sound and Frequency Healing to Theta/Subconscious Reprogramming, various Massage therapies and talking therapies

03 Daily Guided Meditations with different Mindfulness techniques and practices that once learned, can be easily used in every day life when out for a walk or travelling to and from work.
No prior experience is necessary and it is up to you whether you choose to join as this will be carried out in small groups

04 Our daily Yoga classes are designed for the ultimate mind, body & soul connection and suits all abilities whether you're completely new to the practice or an avid Yogi.

05 A really great sense of community - we are great believers in 'everything happens for a reason' and we have had the pleasure of creating a space where many life long friendships have blossomed from. To help we offer optional workshops where you can explore your creative side and socialise.









Mornings will begin with an 'Awakening & Grounding Meditation' Followed by a warm brew to wake up our body and prepare all of our organs to function optimally.

*There is a 25 - 30 minute morning walk available to those who choose to participate in the estate's grounds.*

An Anti - Inflammatory, blood cleansing, immune boosting shot is served prior to any Yoga practices.

*There is a Yoga Class available to those who choose to participate and is friendly to all levels, with no previous experience necessary.*

A delicious, freshly prepared, nourishing and nutritious Breakfast is served for you to enjoy. All dietary requirements will be catered to and every guest will receive their own tailored plan upon booking the retreat, prior to their arrival.

# A DAY IN THE LIFE OF MORNINGS...



Mid Morning going into the afternoon, there will be a nutritious chakra enhancing smoothie served or a light organic, fresh, light snack.

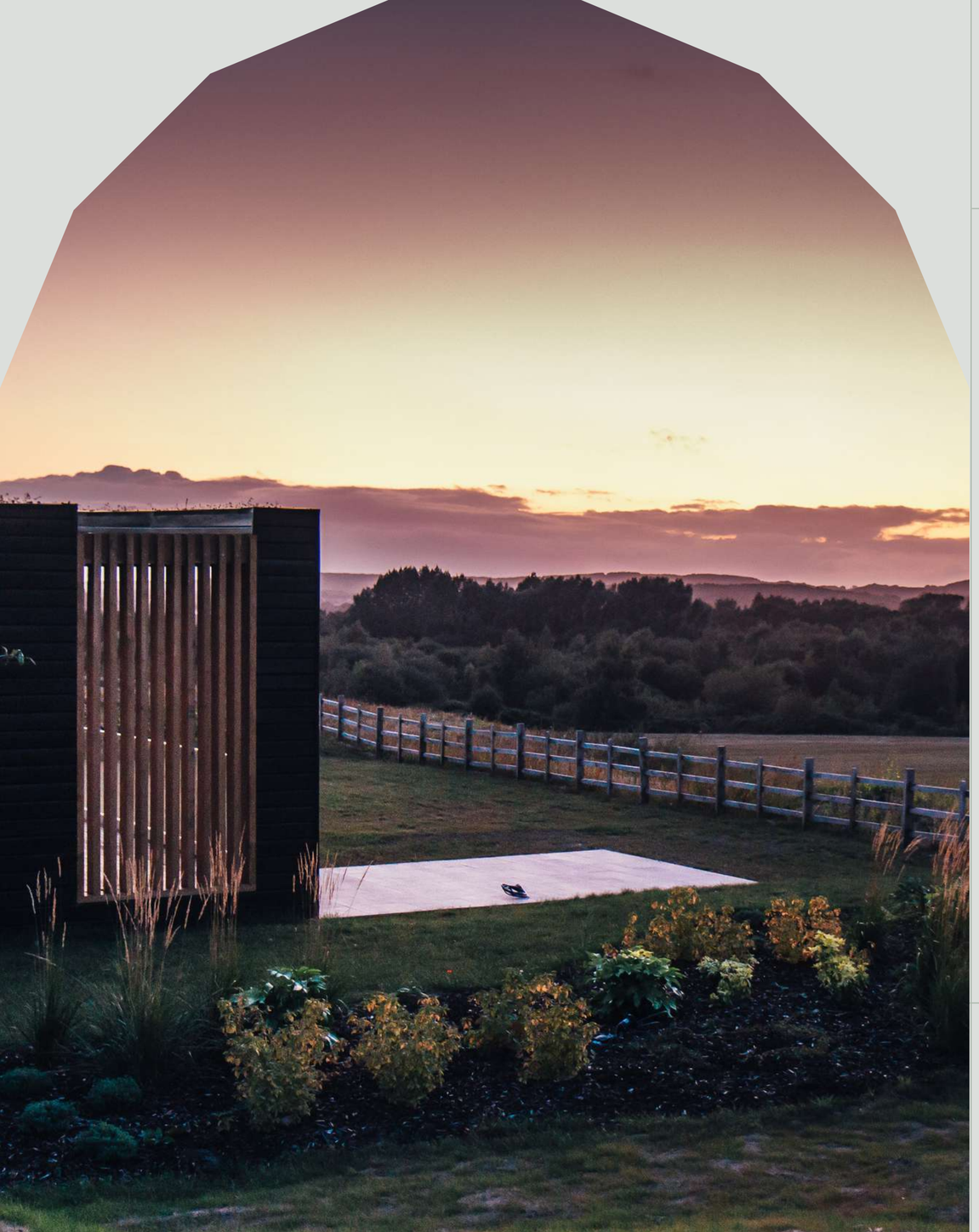
*Every guest will have tailored healing therapies that will take place from mid - mornings through to late afternoons.*

*As the summer sun reaches its glowing midday peak, it's time to enjoy a freshly prepared, mouth-watering lunch prepared with care by our on-site chef which will send your taste buds into a frenzy.*

*We truly believe life is about balance. So there'll be 'personal relaxation time' where you can relax in the hot tubs or sunbathe, read, journal, venture out on your own private exploratory walk or simply siesta.*

Late afternoon, there will be a healthy juice or coconut water based smoothie served as a refreshing 'pick me up'

# A DAY IN THE LIFE OF AFTERNOONS...





Early evening, there will be a variety of daily Sound Bath Healing Experiences that take place during your stay with us.

*There will be a range of organic teas and cold purified water available all throughout the day to consume at your leisure.*

Your wholesome evening meal will be a delicious delight every time. Our resident chef always produces the finest dishes, and occasionally there will be an option for these to be prepared before your eyes with a little live demonstration available to those who choose to participate.

*There will be an Evening Meditation available to those who choose to participate helping you relax and get your mind and body ready for a restful night's sleep.*

There will be an outdoor fire pit experience under the stars for those who choose to take in the night sky before heading into a slumber.

A DAY IN THE LIFE OF

# EVENINGS...



For those attending a 4 nights retreat, each guest will receive 3 therapies which will be tailored depending on your wellbeing and healing needs.
(Worth a total of £360)

For those attending a 3 nights retreat, each guest will receive 2 therapies which will be tailored depending on your wellbeing and healing needs.
(Worth a total of £270)



**EXAMPLES OF SOME OF THE THERAPIES INCLUDED WITHIN YOUR STAY:**

Angelic Reiki
Aromatherapy massage
Bioresonance Healing Therapy
Crystal Healing
Energy Healing
Intuitive Counselling
Reflexology
Reiki Healing
Regression Therapy
Life coaching
Hypnotherapy
Nutritional Therapy
Acupressure
Various Massage and Complimentary Healing Therapies

*There are a variety wellbeing therapies available free of charge, to use throughout the day from our Shakti Acupressure Mats, Procyon Audio Visual Synthesiser to our Reviber Bodywave Machine to name a few.*

# OUR AVAILABLE THERAPIES

# AS A WAY OF SAYING THANK YOU, WE ARE OFFERING OUR LOYAL CUSTOMERS A HUGE INTRODUCTORY DISCOUNTED BOOKING OFFER



CLICK HERE TO VIEW THE LUXURY LODGES YOU WILL BE STAYING IN DURING YOUR RETREAT EXPERIENCE
WWW.GOOSEDALELODGES.COM

JUST

# FOR YOU

**5 DAY REPLENISH RETREAT:**

**YOUR SPECIAL PLATINUM PRICE OFFER IS £1520 PER PERSON WHICH IS A HUGE £600 SAVING FROM THE ORIGINAL £2120 PER PERSON WHICH INCLUDES OVER £360 WORTH OF THERAPIES WITHIN YOUR STAY!**

**4 DAY WEEKEND RESET RETREAT:**

**THE SPECIAL PLATINUM PRICE OFFER IS £1250 PER PERSON WHICH IS A HUGE SAVING OF £649 FROM THE ORIGINAL £1899 PER PERSON WHICH ALSO INCLUDES OVER £270 WORTH OF THERAPIES WITHIN YOUR STAY!**

**THERE IS OUR 7 DAY ULTIMATE MIND, BODY & SOUL RETREATS AVAILABLE PLEASE ENQUIRE FOR AVAILABILITY**

We’re setting the standard for wellness with our unique, highly personalised, integrated holistic retreat experience tailored to your specific wellbeing needs which will really make a positive difference  in giving you a transformative retreat with life long benefits. From the moment you arrive, you’ll feel like you have the time, space, release, restoration, relaxation and ultimately healing, disconnected from the daily distractions and demands of modern-day life and under the guidance of our core wellbeing professionals, you’ll find the inspiration and support you need to reach your goals.
Our Retreat is the perfect place to find peace of mind, contentment and discover and achieve wellness both mentally, emotionally, physically and spiritually. We’ve created these retreats with love and intention, and are proud to offer such a unique experience that we think are simply the best value for money. There are no hidden extras. We take care of absolutely everything and we do it with the personal touch and great attention to detail.



# WHY CHOOSE US

Goosedale Lodges

RETREAT • IN • NATURE

***We’re confident that you’ll love your experience with us, and it will be our pleasure to welcome you.***
***We promise to make it memorable and it will be a positively, rejuvenating, life changing 'Re - Treat' in the best possible way :)***

- Gurpal & Gaurika -



*For our 7 day Ultimate Mind, Body & Soul Retreats - Please enquire for dates available.*

Further *2024 dates being published soon - Please enquire for further available dates.*

## REMAINING AVAILABLE RETREAT DATES FOR 2023:

### 5 DAY REPLENISH RETREAT DATES:

~~MONDAY 24TH - FRIDAY 28TH JULY~~ Sold Out
~~MONDAY 7TH - FRIDAY 11TH AUGUST~~ Sold Out
MONDAY 4TH - FRIDAY 8TH SEPTEMBER
MONDAY 25TH - FRIDAY 29TH SEPTEMBER
MONDAY 2ND - FRIDAY 6TH OCTOBER
MONDAY 16TH - FRIDAY 20TH OCTOBER
MONDAY 6TH - FRIDAY 10TH NOVEMBER
MONDAY 18TH - FRIDAY 22ND DECEMBER

### 4 DAY WEEKEND RESET RETREAT DATES:

FRIDAY 1ST - MONDAY 4TH SEPTEMBER
FRIDAY 29TH SEPTEMBER - MONDAY 2ND OCTOBER
~~FRIDAY 20TH - MONDAY 23RD OCTOBER~~ Sold Out
FRIDAY 15TH - MONDAY 18TH DECEMBER

## AVAILABLE RETREAT DATES FOR 2024:

### 5 DAY REPLENISH RETREAT DATES:

MONDAY 8TH - FRIDAY 12 JANUARY
MONDAY 15TH - FRIDAY 19TH JANUARY
MONDAY 22ND - FRIDAY 26TH JANUARY
MONDAY 29TH JANUARY - FRIDAY 2ND FEBRUARY

### 4 DAY WEEKEND RESET RETREAT DATES:

FRIDAY 5TH- MONDAY 8TH JANUARY

# OUR AVAILABLE RETREAT DATES

GET
# IN TOUCH

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