

5 NIGHTS TO REIGNITE | SCOTTISH BORDERS

Beyond Bowen Retreat

Beyond Bowen

WOMEN'S
RETREAT



Your Journey Begins Here

At the Georgian Mansion in
Selkirk in the Scottish Borders

Beyond Bowen has lovingly curated a luxurious and restorative retreat for women who are ready to pause the world, breathe deeply, and come home to themselves. Nestled within the elegance and peace of a Georgian mansion, this is your sanctuary - a space where healing begins the moment you arrive. You deserve this time.

To rest, to receive, and to reconnect with the wisdom of your body. Through the gentle power of Bowen Therapy, nourishing practices, and soulful connection with like-minded women, you'll soften the stress held in your system and rediscover the clarity, confidence, and calm that lives within you.

We believe everything begins with you.

Self-worth, self-trust, and self-healing are the keys to creating a life that feels truly yours.

And it all begins here.

The Beyond Bowen Retreat is a deeply restorative experience designed to help you reset your nervous system, reconnect with your body, and rediscover who you are beneath the stress and noise of daily life.

Set in the luxurious comfort of a Georgian Mansion in the heart of the Scottish Borders, this retreat offers you the space, support, and stillness to unravel tension and realign with your true self.

Through the gentle yet powerful touch of Bowen Therapy, combined with reflective practices and connection with like-minded women, you'll experience shifts that go beyond the physical - opening the door to emotional clarity, inner strength, and lasting change.

This is your time.

To rest, receive, and rise.

Elevate your life with Beyond Bowen.

More than a retreat - it's a return to balance, calm, and wholeness.



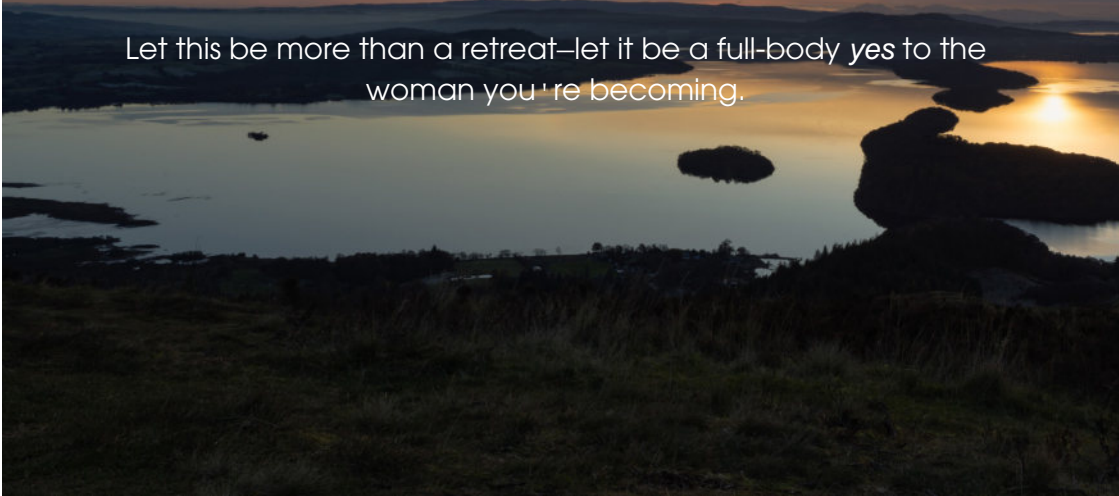
What to expect

from your Beyond Bowen experience

Immerse yourself in the timeless elegance of a Georgian Mansion where every detail has been thoughtfully chosen to help you unwind in comfort and style. Each night offers deep rest, while each day invites gentle transformation.

- **Nervous System Reset:** Receive powerful Bowen sessions to support deep release, alignment, and healing—restoring balance to both body and mind.
- **Luxury & Stillness:** Enjoy tranquil surroundings, spacious rooms, and the peace your system has been longing for.
- **Connection & Support:** Evenings around the fire pit offer warmth, laughter, and bonding with like-minded women.
- **Daily Transformation:** Discover simple, powerful tools that create lasting shifts in how you feel, think, and move through life.
- **Restorative Nature:** Take time to breathe and reflect during gentle woodland walks and moments of spacious stillness.
- **Insight & Integration:** Learn how to listen to your body, understand its signals, and feel more connected to your inner guidance.

Let this be more than a retreat—let it be a full-body *yes* to the woman you're becoming.





FRIDAY

4.00 PM

Arrival and settle in with a refreshing drink and nibbles. Take time to breathe, land, and let the beauty of your surroundings begin to work their magic.

5.00 PM

Opening circle - setting intentions for the weekend and grounding into gratitude. A gentle space to connect, arrive, and tune into what your body truly needs.

7.00 PM

Dinner - nourishing food, warm conversation, and a sense of ease as the evening

After Dinner

Optional short 1:1 chats to help you clarify what you'd love to receive from the **retreat** and how you'd like to feel by the end of it.



SATURDAY

8.00 AM

Smoothie & Croissant Breakfast a gentle start to nourish your body and ease into the day.

8.30 AM

Guided Meditation ground, centre, and connect with your breath and intentions.

8.45-1.00 PM

Bowen Sessions - deep rest and realignment through one-to-one sessions and shared quiet space. (Includes a short tea break at 10:45 AM)

1.00 PM

Lunch - fresh, wholesome, and prepared with care. Time to relax and replenish

Afternoon

Time to unwind at your own pace. Enjoy woodland walks, reading, gentle reflection, or a short car ride to explore the area, depending on group preferences and transport.

5.00 PM - 6.00 PM

Working Intuitively & Marketing Ideas - an inspiring session to help you tap into your inner wisdom and explore how to express and share your unique gifts.

7.00 PM

Dinner - delicious food, shared stories, and a sense of community as the day winds down.



SUNDAY

Ease into the day with a light breakfast, followed by time for meditation and gentle presence.

Your morning will include deeper Bowen exploration—revisiting the fundamentals and introducing elements of the Advanced SBP1 work in a supportive, grounded way. Expect new insights, both practical and intuitive, as your understanding expands.

After a nourishing lunch, the afternoon is yours. You might curl up with a book, enjoy a nap, or join others for a relaxed walk through nearby glens or riverside paths.

Evening brings another delicious dinner, followed by quiet connection or perhaps a bit of stargazing under the vast Scottish skies.



MONDAY

Another peaceful start with a light breakfast and space to tune inward.

Bowen sessions continue with a blend of revision and hands-on exploration of Advanced SBP1 techniques, along with time to deepen your intuitive connection.

This is a day to absorb, embody, and enjoy—learning without pressure and letting the body guide the way.

In the afternoon, you may feel called to explore the grounds, enjoy a hot bath, or join an optional outing to the historic **Abbotsford House** and nearby loch—a chance to step into a setting that inspires reflection and beauty.

After dinner, you're invited to relax, journal, or simply take in the stillness around you.





TUESDAY

Our final full day together begins in the same spacious rhythm - nourishing breakfast, gentle meditation, and the calm presence of Bowen practice.

Today may offer a final round of one-to-ones, a reflective recap of what you've learned, or space for personal integration. Whether diving deeper into SBP1 moves or exploring how intuition supports your hands-on work, the atmosphere is one of ease and trust.

Afternoons are open - walk the glens, revisit your favourite peaceful spot, or soak up the last of the tranquillity with a luxurious bath and a view.

We'll gather again for dinner, celebrating the journey so far and the beautiful shifts already unfolding.





WEDNESDAY

8.00 AM

A relaxed breakfast to start the final morning, giving you time to reflect, connect, and begin your gentle return to the outside world.

10.00 AM

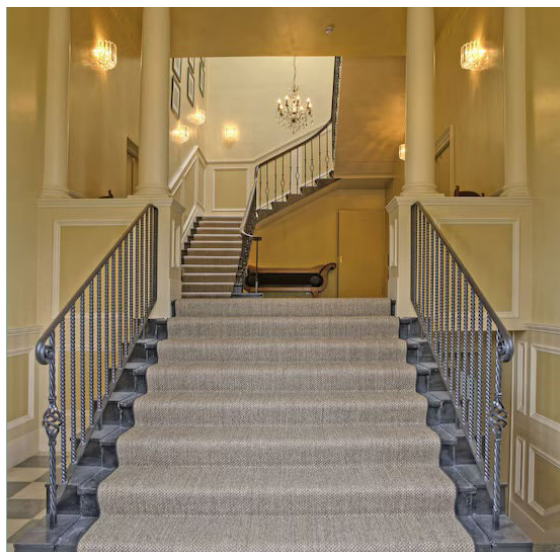
Rooms to be vacated – take your time packing up, soaking in the last peaceful moments within the beautiful Georgian Mansion

Optional Farewell Outing

For those who wish, we'll take a short drive (15 minutes) to the stunning grounds of Abbotsford House. Enjoy a leisurely riverside walk followed by coffee and cake - a final treat before we part ways.

12.00 PM

Heartfelt goodbyes as you head home lighter, clearer, and more





WHAT's Included

- ✓ Five nights' luxury accommodation in a stunning Georgian Mansion in the Scottish Borders
- ✓ All meals lovingly prepared with locally sourced produce, infused with flavours from Scotland & Eastern cuisine
 - ✓ Spirit Animal – Personal reading
- ✓ Empowerment workshops and trainings – practical tools, intuitive insights, and space for personal transformation
 - ✓ Workbook & resources to support your growth beyond the retreat
- ✓ Daily meditation and nervous system practices to calm the body and awaken inner clarity
 - ✓ All tea, coffee & nourishing snacks throughout the retreat
- ✓ Ample leisure time to enjoy the grounds, connect with others, or rest as your body needs

NOT Included

- Travel to and from the venue (although pick ups from local train station possible)
- Any off-site meals, should you choose to explore local cafes during free time



RESERVATIONS & PRICING

Friday to Wednesday – 5 nights / 6 days

➤ Twin share Room - £1,290

➤ Single occupancy Room - £1,700

VIP Experience* – £1,850

* Includes premium accommodation, extra Bowen session, and exclusive one-to-one time with Jacqui

✦✦ Payment plans available to make it easy and accessible

✦✦ Bring a friend and save 10% each – share the magic together

YES! LET'S CONNECT

Book a connection call with your host Jacqui to discuss availability, room options, and what you most need from this retreat.



TRAVEL INFO

Edinburgh Airport 90 mins

Venue is 15 mins from Galashiels train station
where a Pick up at a designated time will be
arranged

Car parking is no problem at the venue
should you drive.





As You Return Home...

May you carry the stillness of these days
in your breath, your body, and your being.

May your nervous system remember
what it feels like to feel safe, seen, and supported.

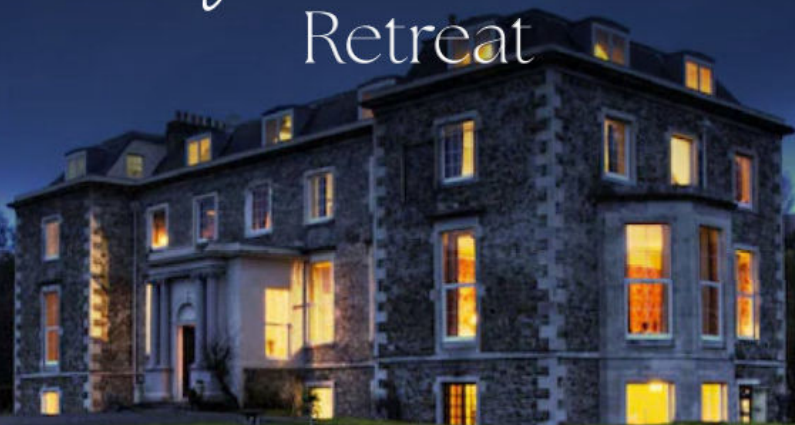
May the insights you've gained take gentle root—
guiding your choices, your healing, your voice.

You came to reconnect.
You leave renewed.
This is not the end,
but a beginning.

With love from Beyond Bowen Team and Soulful Scotland.

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