

3 NIGHTS TO RE IGNITE | SCOTLAND

# Art n Soul Retreat



Art n Soul

WOMENS  
RETREATS



# *Your Journey Begins Here*

at The Stately Home of  
Sir Walter Scott (Famous writer and poet)

Art n Soul has meticulously crafted an unparalleled experience for women seeking a respite from the daily grind, a chance to revitalize their spirits, and an opportunity to thrive alongside like-minded women in a truly captivating setting.

We wholeheartedly believe that everything begins with you. Self-acceptance, self-acknowledgment, and self-worth are the inner keys to self-achievement and success.

“Art n Soul Retreats” offer a unique blend of expert coaches and transformative pathways designed to empower you with the courage, insights, and tools to cultivate inner strength.

This is your chance to embark on a journey of self-discovery in opulent surroundings to heal, embrace positive energy, and the joyous celebration of the new you!

You will take home teachings and your very own creation of your “I AM” painting as well as new tools to enhance your life.

Elevate Your Life: a retreat of unparalleled luxury at Abbotsford House (the Annex to the Stately home of Sir Walter Scott (Famous Scottish writer and Poet)

Discover the extraordinary in the heart of the Scottish Borders. This retreat isn't just a getaway; it's a transformative experience that combines history, nature, and self-improvement.



# What to expect

from your Art n Soul Experience

**Opulent Splendor:** Immerse yourself in the opulence of Abbotsford House, where every night is a royal experience, ensuring your stay is unforgettable.

**Scenic Bliss:** Wander through enchanting gardens, dine with a view of the River Tweed, and soak in the breathtaking natural beauty.

**Artistic Inspiration:** Create an "I AM" painting, a cherished memento of your self-discovery journey, igniting lasting change.

## **Ignite Your Inner Brilliance and Embody Your Authentic Power Sessions**

These sessions are crafted to help you tap into your inner brilliance, connecting with your authentic power. It's a transformative journey, uncovering the qualities that your Higher Self envisions for you to embody.

**Resilience through Yoga:** Yoga in serene surroundings enhances your inner balance and physical well-being, making your nervous system more resilient.

**Daily Transformations:** Learn how to make daily changes that lead to lasting personal growth and fulfillment.

**Hot Tub Retreat:** Relax in a hot tub with panoramic views, melting your worries away in warm waters.

**Culinary Delights:** Savor Scotland's culinary heritage with diverse and delightful flavors.

**Exploration and Serenity:** Wander through the stately home's grounds and immerse yourself in nature's tranquility.

**Sir Walter Scott's Legacy:** Enjoy a private visit to Sir Walter Scott's home with a guided tour.

**Spiritual Insights:** Unlock mystical guidance through spirit animal card readings, empowering your journey.

**Body and Mind Renewal:** Rejuvenate with massages or Bowen therapy, leaving both body and mind refreshed.



## FRIDAY

4pm

Arrival and settle in with a refreshing drink and nibbles.

5pm

Opening circle / setting Intentions for the weekend and gratitude

7 pm

Dinner

Hot Tub, card readings, chill





## SATURDAY

8.30 Yoga

9.30 Breakfast

10.15 Art- I am Paintings

Break then resume art

11.45 Free Time/ walk along the river/have  
massage or Bowen/hot tub

1.30 Lunch

2.30 Meditation, SelfTalk & Universal Laws workshop

3.30 Alchemise your water and food for health

4.30 Break

4.45 Discussion on enhancing Intuition and  
ways to recognise when your higher self is  
communicating with you.

5.30 Free time, Visit the grounds and main house,  
massage, hot tub, chill , walk

7.00 Dinner

Hot tub , card readings, relax and chill



## SUNDAY

8.30 Yoga

9.30 Breakfast

10.15 Art - "I AM" Paintings

11.45 Break free time /walk/massage or Bowen/  
hot tub

1.30 Lunch

2.30 Training on using pendulums, muscle testing  
as intuitive tools

3.30 Finish art

4.30 Break

4.45 Ancestral Trauma and explaining on how it  
can affect you still

5.30 Walk around garden and main house or  
longer walk if preferred

7.00 pm Dinner

Hot tub, card readings, chill



## MONDAY

8.30

Breakfast

9.15

Round up trainings on daily practice  
to action change

10.00

Vacate the rooms

90 Min walk planned

Coffee and cake and goodbye in the café

12.00

Depart

Get ready to embark on a **journey of self-discovery**, reconnect with your authentic power, and leave with not only cherished memories but also your personalized 'I AM' painting – a constant reminder to stay focused on the **positive mind and radiant attributes** you've embraced during our time together.

I can't wait to witness your **transformative experience!**





# Inclusions

Three nights luxury accommodation in a Historic House which is the Annex built by Sir Walter Scott's family

All meals created with locally sourced food on our Scottish theme at the venue

Hot tub for 6 people at a time

Art materials including your own made "I AM" painting on a 30x40cm canvas to take home to remind you of your New Warrior Woman.

Yoga class to focus on nervous system resilience

All empowerment trainings & workshops

Workbooks with tools to take home on your journey

All tea/coffee & snacks

Bowen Body Alignment session or a shoulder & neck massage

## EXCLUSIONS

Travel to venue.

Meals outside the venue

(if you decide to use free time to visit other places)

Alcohol



## RESERVATIONS & PRICING

Friday to Monday 3 night 4 day stay

Twin share - £990 per person

Private room - £1300

VIP Room - £1600

Payment plans are available

Invite a friend, share the magic, and save 10%

Book a connect call with host Jacqui to discuss  
and confirm reservations and availability.

YES! LET'S CONNECT



Let history, nature, and self-discovery upgrade your life in the most extraordinary way. Don't miss this unique opportunity to return home as a transformed individual, armed with the tools for a brighter future.

**Travel:** If you are traveling by plane, Edinburgh Airport is one hour away from our Venue, there is a train from Edinburgh to Tweedbank and from there it's only a 5 minute journey, pick ups from Tweedbank train station may be arranged depending on time of arrival.



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