



Intensive Healing Retreat 4 Nights/5 Days



This Retreat is located in the crofting township of Oldshoremore and is ideal whether you are wanting to start or progress your recovery from stress, anxiety or trauma. Suitability is determined through the completion of a questionnaire and telephone discussion. Intensive Therapy is suitable **only** if you are ready to change because recovery can be rapid, with time for healing to 'rest and recover'.

This agenda is tailored to each person and is your time to work with us to experience this healing retreat through EMDR, and Meditation, Breath Work and other therapies. You have ample free time to walk in nature and explore the beaches and undertake all the self-directed activities as part of the healing process. We are always on hand for a check in, especially if your questions can't wait until the follow days meeting.

Format of the 4 Night / 5 Day Retreat – April to October

(we can accommodate more locally based clients in winter months, but the weather determines this)

The general retreat format, which will be tailored to your needs:

Day 1 – Arrival from 14:00 onwards - Thursday

- 16:00 – Welcome discussion and confirmation of objective of the retreat
- 16:30 – 17:30 EMDR or Hypnosis Session and Homework



Day 2 to 4 – Friday to Sunday

- 08:00 – 9:00 – Journaling and Catch Up session
- 16:00 – 17:00 - EMDR or Hypnosis Session and Homework
- Remaining part of the day – Free time – explore beaches

Day 5 - Monday

- 09:00 – 10:00 - Catch up Session and discuss report for the week
- Free to leave (if accommodation required on further night an additional £100 is payable)

Follow Up: If at the end of the Retreat further EMDR / Hypnosis sessions are required then remote online sessions can be booked at £50 per session.

N.B. All accommodation is self-catering so you will need to bring provisions for the whole duration. We have a nearby Grocery shop open all year round and a restaurant and café but you do need to book for the restaurant.

Accommodation is in the beautiful **Glamping Pods** or if we have the space in the 1 Bed Cottage, all of which are fully contained with shower room and kitchenette. Additional night's stay available - dates are arranged separately.

*To Book, please call 07939 986061 or email
Oldshoremore.retreats@mail.com for an application form*



Travelling to Oldshoremore Retreats

Please note that guests are responsible for making their own way to and from the retreat location, this is not included in the price.

(Flights, buses, trains, transfers)

The nearest airport is **Inverness Airport (INV)** or **Inverness train station**. **Flights are subsidised from London so well worth checking it. Once in Inverness you can take a bus to Kinlochbervie**, <http://www.thedurnessbus.com/> **805 Bus** which is 2 miles from where we are located. We will collect you from Kinlochbervie if you have travelled on public transport.

There's also an overnight train from London to Inverness and The Mega Bus (uk.megabus.com) is worth checking as well.

Driving

Follow directions for Kinlochbervie IV274RS. Eventually, you will come to a police station and a left-hand turn for Kinlochbervie, follow this until you pick up a sign for Oldshoremore, take the turning right.

Follow this for about 2 miles, until you see a **house on a hill**, a white direction sign for 'Aisir', and directly opposite a **huge rock**. We don't have street names so this information is crucial.

Slow down and in a few yards you will see a right hand track and the sign for **Oldshoremore Retreats @ 152 Oldshoremore**.

Follow the track and you'll see the Retreat on your left.