The Retreat At a Glance

A quick look at who we are, what a retreat is like and what it costs. Start anywhere.

WHO WE ARE

Two hosts, one house

We are Dan and Tomaz. We live in a granite mill in Midmar, Aberdeenshire, and run every retreat ourselves: we plan your days, give the sessions and cook the food.

Dan

Dan is a certified Alexander Technique teacher who came to this work through his own burnout and back pain, after astrophysics, fourteen years in Japan and a career in sustainability.

Tomaz

Tomaz weaves Ayurveda, meditation, coaching and healing hypnosis into one mind-body practice, shaped by nearly four decades of work with people from every walk of life, royalty included.

Not a group retreat, a spa break, a hotel or a clinic.

A RETREAT HERE

What it is like

Private and shaped around you. One guest, or a pair travelling together, at a time. It's just you, and the two of us looking after you.

TIME WITH US

Two to three sessions a day with Dan and Tomaz, chosen with you as the stay goes on. Conversation, body-based work, meditation and breath, shaped around how you are that day.

TIME TO YOURSELF

Days leave room to rest, wander the garden and simply be: time alone is part of the retreat, not a gap in it. Evenings are your own, with guided meditations and self-study to explore if you wish.

MEALS AND REST

Every meal is cooked from scratch, organic where we can, with our own bread, butter and yoghurts, around what you can and cannot eat. Fresh bread each morning, and a fire lit before you ask.

You set the pace. What we offer is holistic coaching and nervous-system support, not therapy, and not a substitute for medical care or crisis support.

THE PATHWAYS

Six ingredients, blended for you

No two retreats here are the same. These are the flavours we draw on, mixed in the proportions you need and adjusted day by day, even hour by hour.

Rest & Restore	Exhaustion, burnout, overwhelm. Sleep, food, quiet. The most common starting point.
The Healing Path	Grief, old wounds, what you have carried too long. Not therapy.
Life Reorientation	A crossroads or transition. Room to hear what you think before deciding.
From Pain to Peace	Pain, tension, a body that will not settle. Hands-on work and rest.
Conscious Deepening	Already on an inner path, and practice has turned to effort. Depth without striving.
Sacred Allies	Dietas and ceremonial work with legal plant allies, prepared for and integrated.

Not sure where you fit? You don't need to choose. We start by getting to know you, then shape the retreat around what you need.

Not ready for a retreat yet?

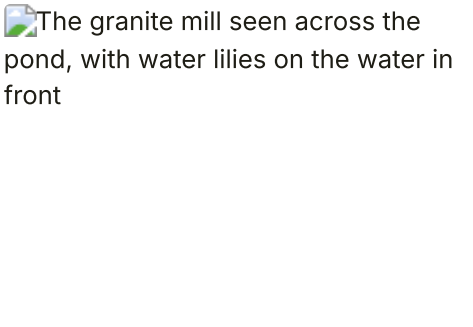
Online classes Meditation Club · Sacred Cacao Circle

One-to-one sessions Coaching · Hypnosis · Ayurveda · Meditation course · Astrology · Alexander Technique

THE HOUSE

A granite mill, restored as a home

An early-1800s granite mill beside Midmar Forest, about 30 minutes from Aberdeen airport and railway station. A log-fire lounge, dining room, yoga and sound room with a small library, and three bedrooms; outside, two ponds, a burn, a wood, and neighbours who are sheep and cows.



The granite mill seen across the pond, with water lilies on the water in front

The mill, from across the pond.

PRICE AND LENGTH OF STAY

From £2,650 for four nights

Private, with the centre and grounds hired for you alone. Stays are 4 to 7 nights; four is the minimum.

ONE GUEST	ONE GUEST AND A COMPANION	PAIR RETREAT
£2,650	£3,345	£4,995
Four nights	Companion rests, no sessions	Each has their own sessions; some can be shared.

Per retreat, not per night. Includes your room, all meals, daily one-to-one sessions and treatments, and a follow-up call. Starting prices, shaped to your programme; ask for a quote for longer stays or small groups. Planning ahead for 2027? Stays booked now are held at today's prices.

GET IN TOUCH

A line or two is plenty

Dan or Tomaz reads every message personally and will endeavour to reply within 24 hours. There is no pressure to book. If we think we can support you well, we offer a complimentary 30-minute Zoom call with both of us.

> **Write to us:** aarcretreats.com/contact · **WhatsApp:** +44 7902 456284

Enquiring for someone else? Write to us about them. Before anything is booked, we would ask to speak with them ourselves.