

AWAKENING ALCHEMY RETREATS

Private, personalised retreats in the quiet of rural Scotland

Retreat Pricing

All prices below are per retreat and reflect the exclusive, private nature of our programmes. We host one guest, or a pair travelling together, at a time, so every retreat includes private hire of the entire centre and grounds. Choose the length and format that best suits your needs.

Duration	Solo	Solo + Companion *	Pair Retreat
4 nights	£2,650	£3,250	£4,325
5 nights	£3,530	£3,735	£5,750

Prices shown are starting prices and may be tailored to your personalised programme.

** Solo + companion: one guest undertakes the full retreat programme, while their companion stays to relax and accompany them, without taking part in sessions or treatments.*

What Is Included, Per Person

Every personalised programme is built around you and includes the following:

- **Personalised programme creation**
A retreat schedule designed specifically around your needs and goals.
- **Initial consultation and assessment**
A thorough conversation to understand where you are and where you wish to go.
- **Daily Alexander Technique with Daniel**
Sessions to balance the nervous system, settle anxiety, and support emotional processing and healing.
- **Daily sessions with Tomaz**
Guided support for inner inquiry and emotional release, allowing for personal insights, reduced anxiety and greater peace of mind.
- **One post-retreat consultation via Zoom**
A follow-up session to help you carry the benefits of your retreat forward.

Every personalised programme also includes:

Exclusive hire of the retreat centre and grounds for your own use • All accommodation • Food cooked from scratch daily with healthy ingredients • Two to three sessions or treatments per day.

As we welcome one guest, or a pair travelling together, at a time, you enjoy total peace, privacy and care throughout your stay. Sessions and treatments are adjusted daily to match your individual physical, mental and emotional needs.