

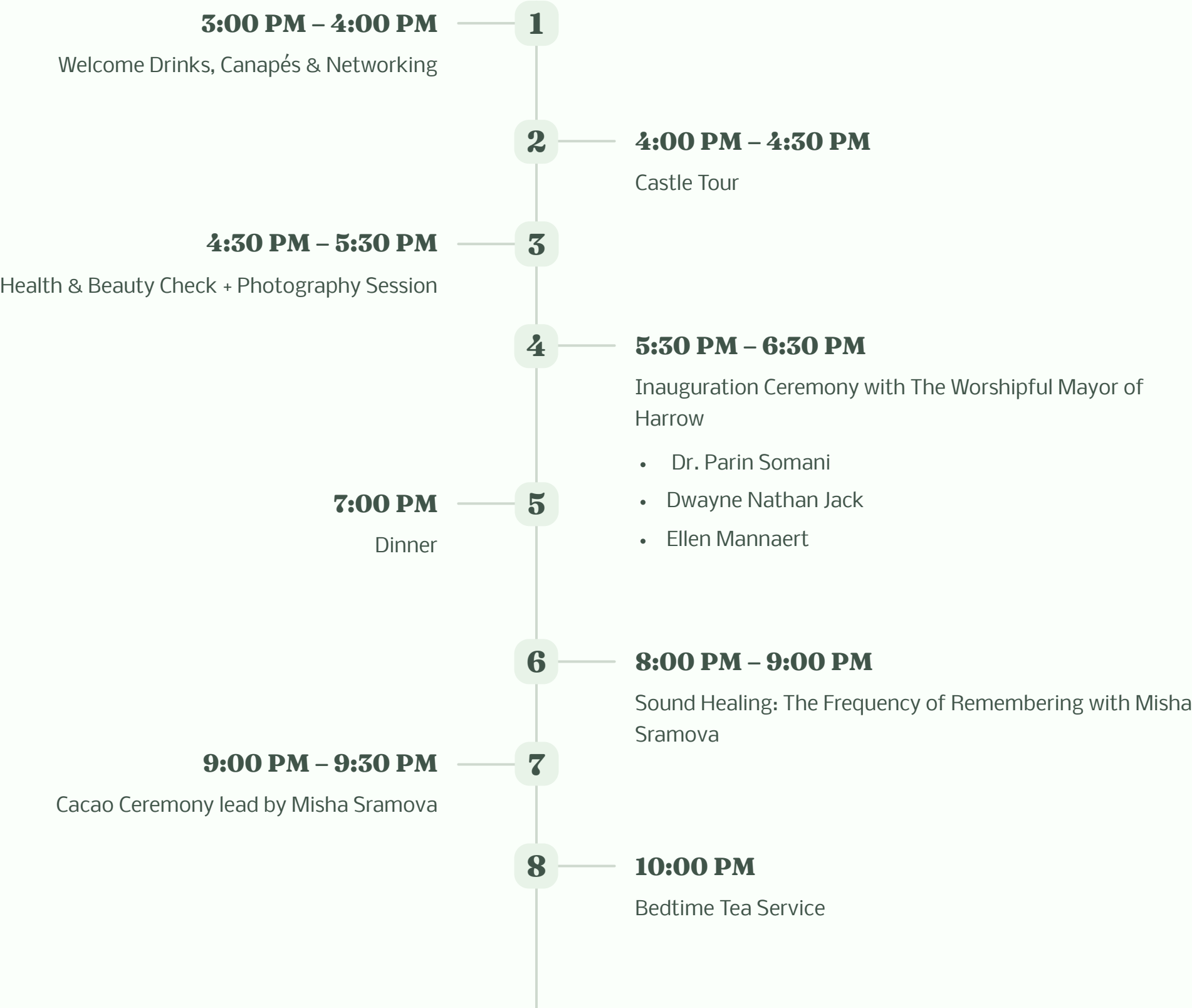
# Springkell Retreat 2025

Join us for three transformative days at the historic Springkell Castle in Scotland. From 14th to 16th July 2025, immerse yourself in a carefully curated programme of wellness activities, inspirational talks, and meaningful connections. This exclusive retreat combines luxury accommodation with personal growth opportunities in a stunning Scottish setting.



# Day 1: Monday, 14th July 2025

Begin your retreat experience with a warm welcome and gentle introduction to the historic surroundings.



## Evening Wellness Experience

### Facilitator: Misha Sramova

End your first day with sound healing session featuring crystal chalices, 432 Hz sound frequencies, shamanic drums, and vocal harmonics.

The evening culminates in a heart-opening cacao ceremony designed to deepen inner connection and emotional clarity.



# Day 2: Tuesday, 15th July 2025




## Morning Wellness

Begin your day with gentle yoga, a refreshing detox drink, and a connection with nature before diving into our transformative sessions.

- 7:00 AM - 8:30 AM:** Morning Yoga, Detox Drink, Nature Walk & Animal Feeding
- 8:45 AM - 10:00 AM:** Breakfast followed by Free Time / Reflection



## Workshop & Talk Schedule

		
<b>Morning Sessions</b> 10:00 AM - Ellen Mannaert's workshop on The Power of Imperfection 10:45 AM - Dr. Dawn Menge on Why Sharing Our Experiences Helps 11:05 AM - Dr. Parin Somani 11:45 AM - Dwayne Nathan Jack's Identity Upgrade workshop	<b>Afternoon Recharge</b> 12:30 PM - Lunch 2:00 PM - Silent Nature Walk & Personal Photo Shoots 3:00 PM - Free Time / Spa Facilities 4:00 PM - Afternoon Tea & Dress-Up Time	<b>Evening Highlights</b> 6:00 PM - Drinks Reception & Canapés 6:30 PM - Opening Dance & Panel Discussion: Mental Health & Leadership 7:15 PM - Book Launch 7:30PM - Main-course 8:15 PM - Excellence Awards Ceremony 9:00PM Dessert & Tea Service 9:30 PM - DJ & Dance Party until midnight

Day 2 offers our most comprehensive programme, balancing intensive learning opportunities with adequate time for relaxation and social connection. The evening gala features recognition of achievements alongside fine dining and entertainment.



# Day 3: Wednesday, 16th July 2025

## Morning Routine

Our final day begins with the same nourishing morning routine, giving you consistency and grounding before departure.

- 7:00 AM - 7:45 AM:** Morning Yoga
- 7:45 AM - 8:00 AM:** Detox Drink
- 8:00 AM - 8:30 AM:** Animal Feeding
- 8:45 AM - 9:30 AM:** Breakfast
- 10:00 AM:** Room Checkout



## Closing Sessions

### Ellen Mannaert

10:00 AM - 10:45 AM

Real Talk: Creativity Through Compassion (Workshop)

### Diana Richardson

11:45 AM - 12:05 PM

Embodied Presence in Leadership (Talk + Q&A)

### Des O'Connor

12:05 PM - 12:25 PM

How to Use AI to Grow, Automate & Save Time (Talk + Q&A)

### Dwayne Nathan Jack

10:45 AM - 11:30 AM

The I AM WAY™ - Part II (Workshop)

We conclude our retreat with a **final lunch from 2:00 PM to 3:00 PM**, providing an opportunity for farewells and cementing the connections made during our time together at Springkell Castle.