

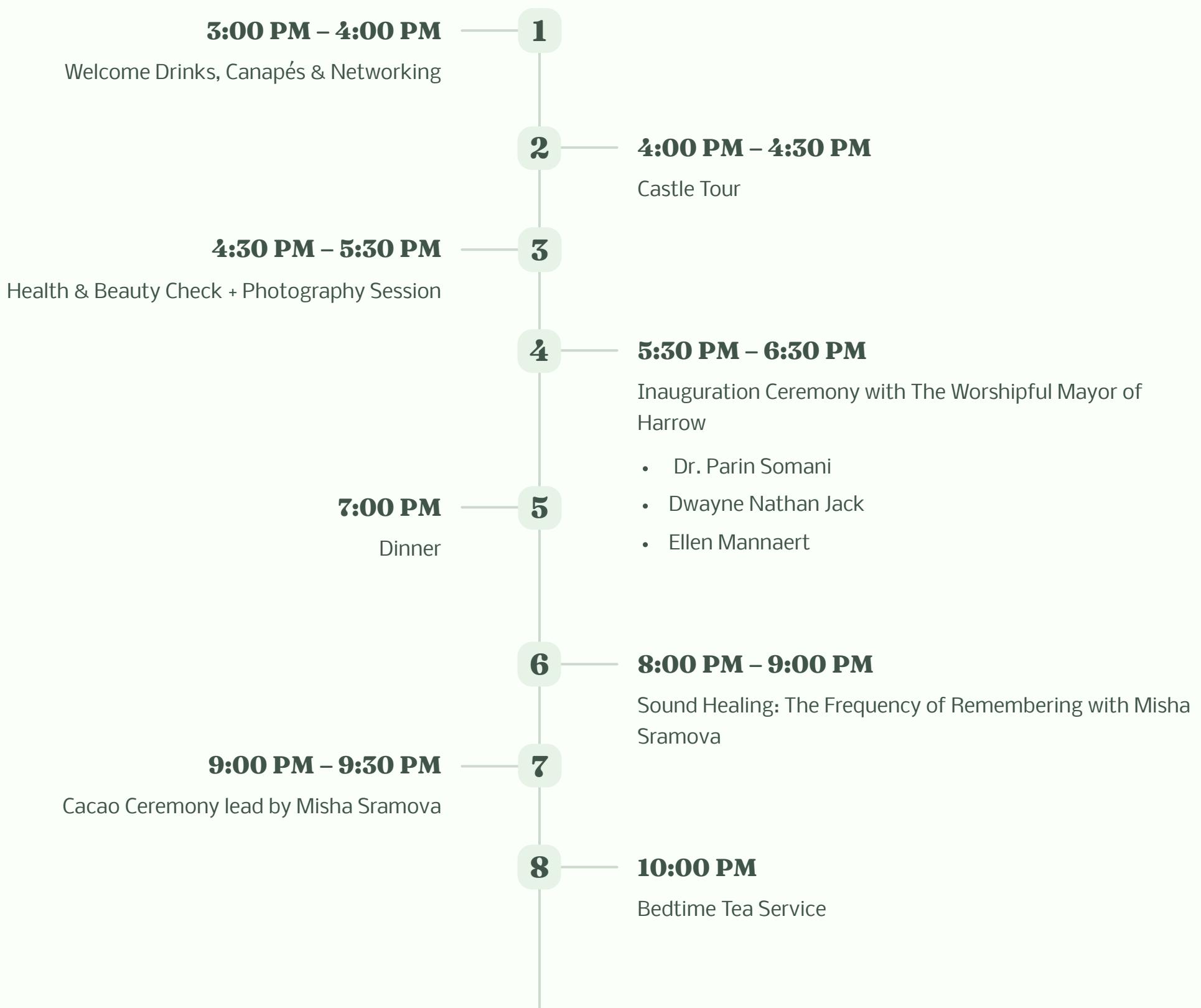
# Springkell Retreat 2025

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



### Morning Sessions

- 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

### Afternoon Recharge

- 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

### Evening Highlights

- 6:00 PM - Drinks Reception & Canapés
- 6:30 PM - Opening Dance & Panel Discussion: Mental Health & Leadership
- 7:15 PM - Book Launch
- 7:30 PM - Main-course
- 8:15 PM - Excellence Awards Ceremony
- 9:00 PM - 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.