



TRANSFORMATIONAL RETREAT

INFORMATION PACK

Join us for an exclusive 4-day retreat, 14th-17th July 2025, in Scotland UK, packed with transformative sessions.



www.losd.co.uk/retreats/

Agenda

- Welcome
- Who is the retreat for
- What is included in the retreat
- Why one should join this retreat
- Your hosts
- Itinerary
- Retreat package



Welcome to Scotland, UK

Join us from 14th to 17th July 2025 for a transformative 4-day retreat in the heart of Scotland, designed to empower leaders to step into their full potential.

This exclusive experience will help you recharge, reconnect, and realign your vision.



The retreat is taking place at a castle located near Eaglesfield in Dumfriesshire, South West Scotland. Situated only six miles from historic Gretna Green, offering a peaceful woodland setting.

The location is between Major cities such as Edinburgh, Glasgow, and Newcastle are just over an hour's drive away, and Manchester is approximately two hours by car.



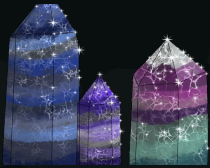
Who is the Retreat for

This retreat is for entrepreneur, corporate leader, executive, or aspiring leader, who are looking to:



Renew Energy and Vision

Reconnect with purpose, reignite passion, gain clarity, and lead with confidence and focus.



Deepen Your Understanding of Manifestation and Spirituality

Explore practices that align your intentions with actions, fostering personal and professional growth.



Upskill on AI and Life Skills for Personal and Professional Growth

AI skills and essential life skills, such as time management, enhances personal and professional development.



RETREAT

What is included



Nutritious Meals

Enjoy all-inclusive dining with breakfast, lunch, dinner, and snacks crafted from fresh, local ingredients to nourish your body.



Wellness Experiences and Entertainment

Includes immersive wellness experiences—such as yoga, meditation, and holistic health workshops during the day and fun engaging entertainment and parties in the evening fostering personal growth.



Engaging Workshops

Participate in a variety of activities and classes designed to promote personal growth and well-being



Exclusive Welcome Goody Bag:

Receive a thoughtfully curated bag filled with goodies to enhance your retreat experience.



Why Should You Join

Participating in our Scotland retreat offers a unique opportunity to step away from daily routines and focus on your personal and professional development. You'll gain clarity and direction for your leadership and life goals, recharge in a luxurious and peaceful environment surrounded by inspiring leaders, and access exclusive coaching and insights from esteemed facilitators.



The retreat is designed to enhance your confidence and leadership presence through actionable strategies, while connecting you with a global network of like-minded individuals for ongoing inspiration and support.

Your Hosts



Prof Dr. Parin Somani



Esther Jones-Alley



Day 1

The Itinerary

3:00-5:00pm

Welcome Drinks, Networking, Tour of the Mansion & Health & Wellness Assessments

6:00-7:00pm

Dinner

7:00pm-9:00pm

Camp Fire & Singing

9:00pm

Bedtime Tea Service

9:30pm

Bedtime

Day 2

The Itinerary

7:30am

Breathwork & Yoga

8:30am-9:30am

Breakfast

Embark on a sacred journey into the 7 Universal Laws, the guiding principles that govern all creation.

Through guided self-love and remembrance sessions, reconnect with the infinite wisdom within you, awaken to your true essence, and align with the divine flow of the universe. This is more than learning —it is a homecoming to your soul's highest knowing.

9:30am-12pm

12:00-1:00pm

Lunch

1:00-2:00pm

Nature walk or Personal Branding Photoshoot

3:00-5:00pm

AI & Technology Masterclass

Navigate and leverage emerging technologies for business advantage and personal growth.

6:30-7:30pm

Dinner

7:30-8:30pm

Sound Healing Experience

8:30pm-9:30pm

Bedtime Tea Service and Bedtime

Day 3

The Itinerary

7:30am

Breathwork & Yoga

8:30am-9:30am

Breakfast

9:30am-12pm

Immerse yourself in a transformative session of deep self-healing, designed to gently release emotional blockages and restore harmony within. *Through divine guidance and inner alignment, open your heart to profound healing, allowing the light of renewal to flow through every part of your being. This is your time to heal, reclaim, and rise into wholeness.*

12:00-1:00pm

1:00-2:00pm

Lunch

Nature walk or Personal Branding Photoshoot

3:00-5:00pm

Mastering Goals and Time Management

A workshop designed to equip participants with effective goal-setting and time management techniques to enhance productivity and achieve work-life balance.

6:30-9:30pm

Panel Discussion, Gala Dinner & Dance

9:30-10:00pm

Bedtime Tea Service

10:00pm

Bedtime

Day 4

The

Itinerary

7:30am

Breathwork & Yoga

8:30am-9:30am

Breakfast & Checkout

9:30am-12pm

Step into the power of your voice and express your truth with clarity and grace.

By releasing limiting beliefs and embracing your innate confidence, you unlock a presence that is both magnetic and authentic. True communication isn't just about speaking—it's about aligning with your highest self and allowing your words to carry the energy of wisdom, purpose, and unwavering self-assurance

12:00-1:00pm

Lunch

1:00pm

Goodbye & Closing Remarks

Retreat Package

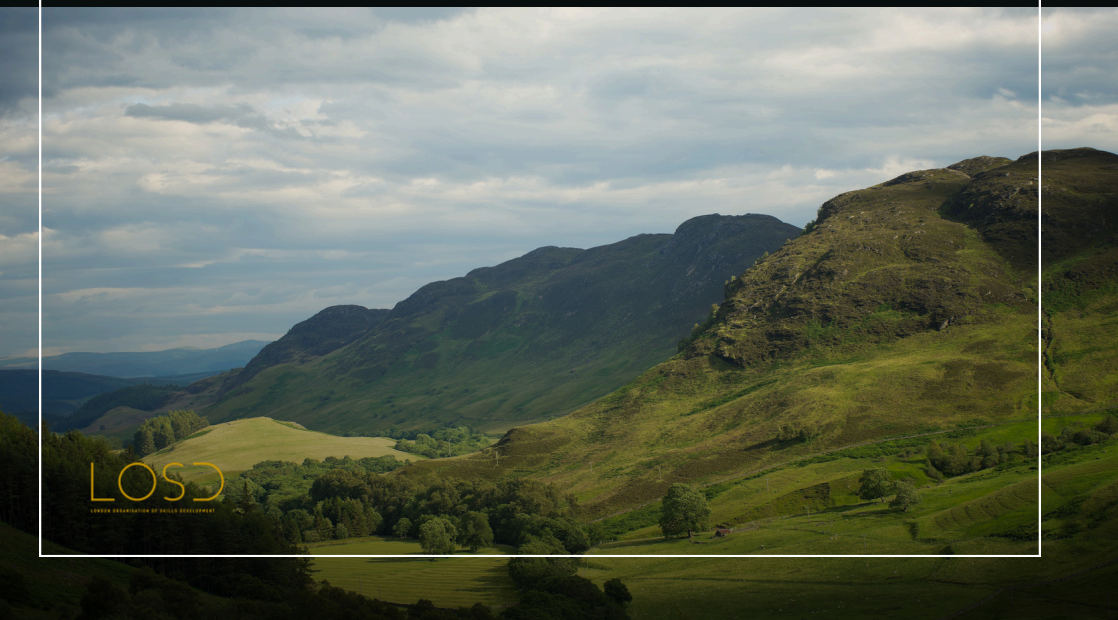
- 3x nights Accommodation
- All meals Inclusive for 4-days
- Wellness Activities & Entertainment
- Professional Photography & Videography
- Social Media Promotion
- Media Coverage

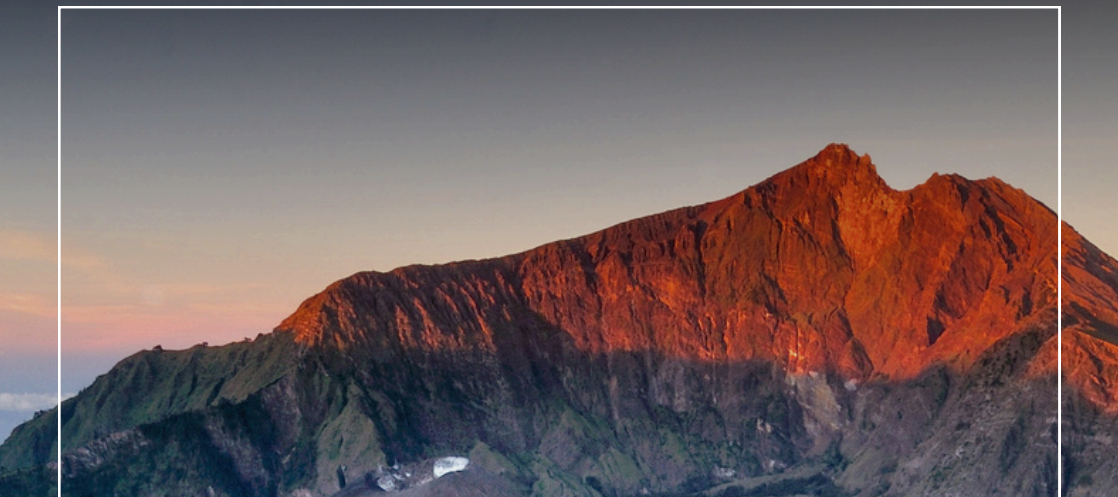
Single occupancy **£4,000 (P/P)**

Double Sharing **£3,500 (P/P)**

**Payment plan available (3 instalments)*

**Prices are per person*





WE LOOK FORWARD TO WELCOMING YOU IN SCOTLAND

For more information email: admin@losd.co.uk



LOSD
LOSD ORGANISATION OF SCOTLAND

www.losd.co.uk/retreats/