



# TRANSFORMATIONAL RETREAT INFORMATION PACK

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

LOSD  
LONDON ORGANISATION OF SKILLS DEVELOPMENT

[www.losd.co.uk/retreats/](http://www.losd.co.uk/retreats/)

# Agenda

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- 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.

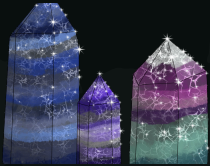
# Who is the Retreat for

*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.



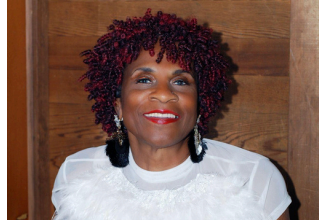
The retreat is designed to enhance your confidence and leadership presence through actionable strategies, while connecting you with a global network of like-minded individuals for ongoing inspiration and support.



# Your Hosts



Prof Dr. Parin Somani



Esther Jones-Alley





# Day 1

## The Itinerary

**3:00-5:00pm**

Welcome Drinks, Networking, Tour of the  
Castle & 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

**7:00am**

Breathwork & Yoga

**8:30am-9:30am**

Breakfast

**9:30am-12pm**

Session 1 & 2 : Embark on a sacred journey into the 7 Universal Laws, the guiding principles that govern all creation.

**12:00-1:00pm**

Mid Morning Tea- Session 2 continued

**1:00-2:00pm**

Lunch  
Nature walk or Personal Branding Photoshoot  
Session 3: AI & Technology Masterclass

**3:00-5:00pm**

Session 4: Mindfulness

**6:30-7:30pm**

Afternoon Tea & Panel Discussion  
Dinner

**7:30-8:30pm**

Sound Healing Experience

**8:30pm-9:30pm**

Bedtime Tea Service and Bedtime

# Day 3

## The Itinerary

**7:00am**

Breathwork & Yoga

**8:30am-9:30am**

Breakfast

Session 1 & 2. Immerse yourself in a transformative session of deep self-healing, designed to gently release emotional blockages and restore harmony within.

**9:30am-12pm**

Mid Morning Tea: Session 2 continued

**12:00-1:00pm**

Lunch

**1:00-2:00pm**

Nature walk or Personal Branding Photoshoot

Session 3: Mastering Goals and Time Management

**3:00-5:00pm**

Session 4: Social Media & Storytelling Workshop

Afternoon Tea & Panel Discussion

**6:30-9:30pm**

Gala Dinner & Dance

**9:30-10:00pm**

Bedtime Tea Service

**10:00pm**

Bedtime



# Day 4

## The Itinerary

**7:00am**

Breathwork & Yoga

**8:30am-9:30am**

Breakfast & Checkout

**9:30am-12pm**

Session 1: Step into the power of your voice and express your truth with clarity and grace.

Mid Morning Tea

Session 2: Public Speaking

**12:00-1:00pm**

Lunch

**1:00pm**

Farewell & 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- Email us for more details.*

# Payment Details

## Bank Transfer

### UK

**Account Name:** London Organisation of Skills Development Ltd

**Bank Name :** Wise Business

**Account No :** 15577646

**Sort Code:** 23-14-70

**IBAN:** GB15TRW123147015577646

### USA

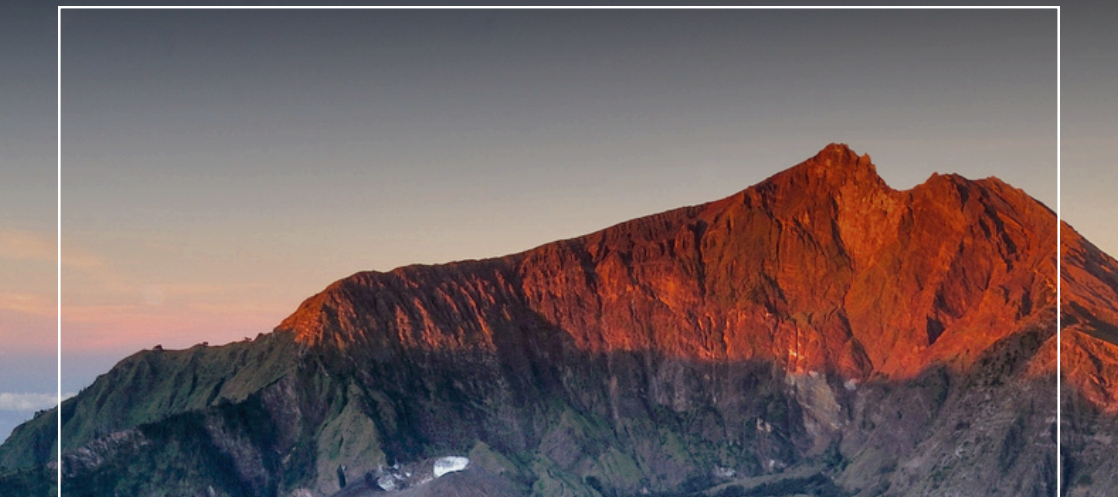
**Account Name:** London Organisation of Skills Development Ltd

**Wire & ACH:** 026073150

**Account number:** 8312724844

**Acc type:** Checking





# **WE LOOK FORWARD TO WELCOMING YOU IN SCOTLAND**

For more information email: [admin@losd.co.uk](mailto:admin@losd.co.uk)



**LOSD**  
THE LAKES OF SCOTLAND

[www.losd.co.uk/retreats/](http://www.losd.co.uk/retreats/)