

The Journey Within - Luxury Weekend Retreat

You've explored the journey outward, now it's time to journey inward.

Congratulations on even considering putting yourself first!

This soul-nourishing weekend is your sacred pause from the noise of everyday life. Over these three days, you'll turn your attention to the deepest part of yourself.

Expect moments of stillness, gentle movement, and heartfelt connection. Together, we'll restore your energy, awaken clarity, and set intentions that feel aligned and expansive for the year ahead. This is more than a retreat; it's a homecoming to yourself.



Over three transformative days, you'll immerse yourself in a harmonious blend of yoga, meditation, mindfulness practices, and personal development workshops - each thoughtfully designed to help you realign with your inner self, restore balance, and reclaim your sense of wellbeing.



Elcot Park, your home for the weekend

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Retreat Itinerary [Friday 14th August]

◆ **Arrival with Welcome Refreshments 11am**

Step into a calm, welcoming sanctuary for the weekend. Enjoy tea, coffee, fresh fruit, and pastries as you settle into the stunning hotel and begin to unwind from the outside world. This is your time to arrive fully, physically and mentally.

◆ **Welcome & Introductions 11.30am**

We'll gather as a group to set intentions for the weekend. This sacred circle is about creating a safe, supportive environment where you feel seen and heard. You'll meet like-minded souls who are on a similar journey inward.

◆ **Gentle Yoga Class 12.00 noon**

Before diving into the first workshop, we'll ease into the retreat with a gentle yoga session. This practice is designed to release tension, open the body, and prepare you for deeper inner work. No prior experience needed, just come as you are.

◆ **Workshop 1: Releasing the Roles We Play & Reconnecting with Your Inner Voice (Healing) 12.45pm**

This powerful session invites you to gently let go of the identities and expectations that weigh you down. Through guided reflection and healing practices, you'll rediscover the voice within, the one that speaks and aligns with your truth.

◆ **Healthy Buffet Lunch in the 1772 Brasserie 2pm**

Nourish your body with a vibrant, wholesome buffet. Expect fresh, seasonal dishes that complement the restorative energy of the day.

◆ **Explore the Grounds, Use Spa Facilities & Check Into Bedrooms 3pm**

Take this free time to journal, walk in nature, or simply rest. You'll also have access to your room so you can settle down and make yourself comfortable. The spa is available for you to indulge in relaxation, whether it's a swim, sauna, or quiet contemplation.

◆ **Welcome Dinner – 3-Course Menu in the 1772 Brasserie 6pm**

We'll come together in the evening, for an elegant dining experience. This is a chance to connect deeper with the group and savour a meal that feels both nourishing and celebratory.

◆ **Evening Yoga Nidra for Deep Rest 8.30pm**

We will end the first day with Yoga Nidra, a guided practice that promotes profound relaxation and nervous system reset. It's like a meditation that feels like sleep, helping you release tension and prepare for a night of restorative rest.

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Retreat Itinerary [Saturday 15th August]

◆ **Morning Yoga with Breathwork & Meditation 8am**

Start your day with a gentle yoga flow combined with mindful breathwork and meditation. This practice will awaken your body, calm your mind, and create space for clarity before diving into the day's workshops.

◆ **Breakfast at Leisure 9am**

Enjoy a nourishing breakfast at your own pace. This is your time to savour wholesome food, reflect on the morning practice, and ease into the day without rush.

◆ **Workshop 2: Boundaries & Self-Prioritisation (Wellbeing) 10.30am**

In this empowering session, we'll explore the art of setting healthy boundaries and prioritising your needs without guilt. Through guided exercises and discussion, you'll learn practical tools to protect your energy and create space for what truly matters.

◆ **Free Time to Reflect or Explore the Grounds and Use Facilities 12.00 noon**

Take a mindful pause. Journal your insights, wander through the serene grounds, or indulge in spa facilities to deepen your sense of relaxation and integration.

◆ **Workshop 3: Visioning Your 2026 (Personal Development) 1.30pm**

This transformative workshop invites you to dream boldly and design your future with intention. Using visualisation techniques and goal-setting frameworks, you'll craft a vision that aligns with your values and desires, turning aspirations into actionable steps.

◆ **Free Time to Reflect or Explore the Grounds and Use Facilities 3pm**

Allow your vision to settle. Take time for quiet contemplation, a nature walk, sunbathing or restorative spa moments before the evening gathering.

◆ **Private Group Dinner in the Oyster Room 6pm**

We'll come together for an intimate dining experience in the elegant Oyster Room. This is a chance to share reflections, celebrate breakthroughs, and enjoy a delicious meal in a warm, connected atmosphere.

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Retreat Itinerary [Sunday 16th August]

◆ **Morning Yoga with Breathwork & Meditation 8am**

Begin your final day with a grounding yoga practice, mindful breathing, and meditation to centre yourself and integrate the weekend's experiences. This gentle session will help you feel balanced and present as you prepare to return to daily life.

◆ **Breakfast at Leisure 9am**

Enjoy a relaxed breakfast, with nourishing dishes while reflecting on your journey so far. Take this time to connect with others or simply enjoy quiet contemplation.

◆ **Workshop 4: Integration & Reflections 10.30am**

This closing workshop is all about weaving together the insights and breakthroughs from the retreat. Through guided reflection and group sharing, you'll create a personal action plan to carry your intentions forward into everyday life. We'll close with heartfelt goodbyes, leaving you with clarity, renewed energy, and a sense of connection. Depart feeling empowered and aligned for the year ahead.

◆ **Free Time to Reflect or Explore the Grounds and Use Facilities until 4pm**

Take a final pause to journal, walk, sunbathe or enjoy the spa before departure. This is your afternoon to have a treatment, soak in the serenity and seal the blissful experience.



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♥ Meet Your Facilitator: Nikita Thakrar

Nikita is a multi-award-winning author, healer, and spiritual mentor with over 20 years of experience in guiding people through transformation. She is the founder of Journey with Nikita and the creator of the Dharma Diploma; a 9-month soul-led programme that supports individuals transition from karma to dharma.



Author of “Meditation through Poetry”, Nikita’s approach blends ancient wisdom with modern healing techniques, including Reiki, NLP, dance, yoga, and intuitive mentoring. She is known for her heart-centred teaching style and her ability to create safe, empowering spaces for deep inner work.

Having healed herself from an autoimmune condition and supported hundreds of clients through life transitions, Nikita brings compassion, clarity, and powerful insight to every retreat she leads.

[Click here to read reviews.](#)

This weekend is more than a summer getaway - it’s a sacred return to yourself. A chance to nourish your soul, especially if you’ve lost sight of who you are amidst life’s demands. It’s an opportunity to rest, reflect, and realign so you can leave feeling renewed.

You’ll leave the weekend feeling:

- ✿ **Lighter and more grounded**
- ✿ **Clear on your intentions for the year ahead**
- ✿ **Reconnected with your body, mind, and soul**
- ✿ **Supported by a nurturing community of new, like-minded friends**

Journaling Prompts to Begin Your Journey

- *What would I like to personally gain from this retreat?*
- *Which parts of the itinerary am I most looking forward to?*
- *How will I use my free time to truly fill my cup?*

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Your retreat includes all classes, workshops, meals, accommodation and 5% off spa treatments (luxury facials, massages etc). Please note, lunch is not included on Saturday and Sunday, however breakfast is very filling! There are also complimentary snacks & soft drinks available throughout the days.



I look forward to sharing a magical weekend with you! 😊

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FAQ's:

What do I pack?

- Comfortable clothes for yoga & workshops during the day (think of baggy trousers, loose jumpers, thick socks).
- Option to dress up in the evenings
- Swim wear if you plan on using the spa facilities
- Walking shoes, raincoat and umbrella if you plan to go for walks
- Yoga mat, cushion, block, blanket
- Journal to write in and book to read

Do I have to spend all of the time with the group?

No! It's your weekend so you can do whatever you feel like. It's optional to attend the yoga classes and workshops. You can also choose to have meals by yourself if you prefer. There will be no judgment, just presence and acceptance.

What if I struggle emotionally?

As an experienced, trauma-informed coach I will be available to support you in between sessions. If you feel any emotions rising to the surface, we can talk through them together and I can provide you with tools to release them.

Will there be free time for me to read, nap, sunbathe, go for walks & swim?

Absolutely! There is a nice balance between free time in the schedule and workshops. Again, all of the sessions are optional so if you feel like skipping anything you can. Just go at your own pace and do what feels right.

Do you know anyone else who may benefit from this retreat? Please mention it to them as there are still spaces available! I look forward to welcoming you to the Journey Within.

[Simplifying your journey | spirituality with practicality](#)

Connect with me on social media – Journey with Nikita