

# *Restare & Renew*

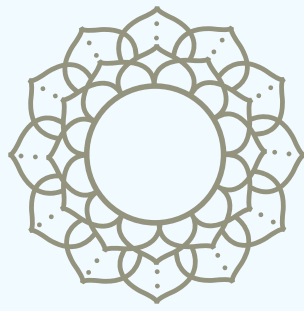
*Saturday 30th May,  
FLÖ Spa, Buckinghamshire.*

*Your Personal Transformation &  
Retreat Day*

*Finally have the space and time to  
step away from the busy hum of  
endless responsibilities to fill your  
cup, replenish your resources and  
come away feeling joyfully alive.*

*What is this  
experience?*





# Inya booklet

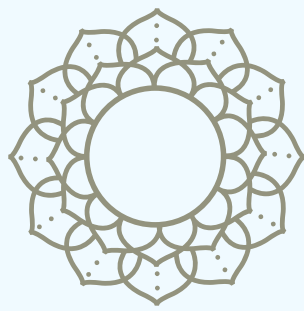
This booklet holds the information for  
Restore & Renew,  
Personal Development and Retreat Experience

If you would like to secure your space, or have any  
questions about the experience or whether it could  
be a fit for you...

Please get in touch

[catherine@balanceandalign.com](mailto:catherine@balanceandalign.com)





*Hi, it's lovely to meet you*



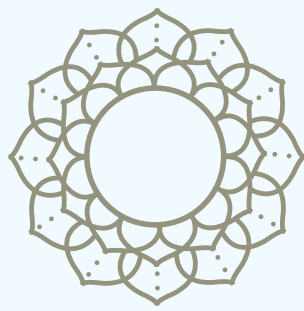
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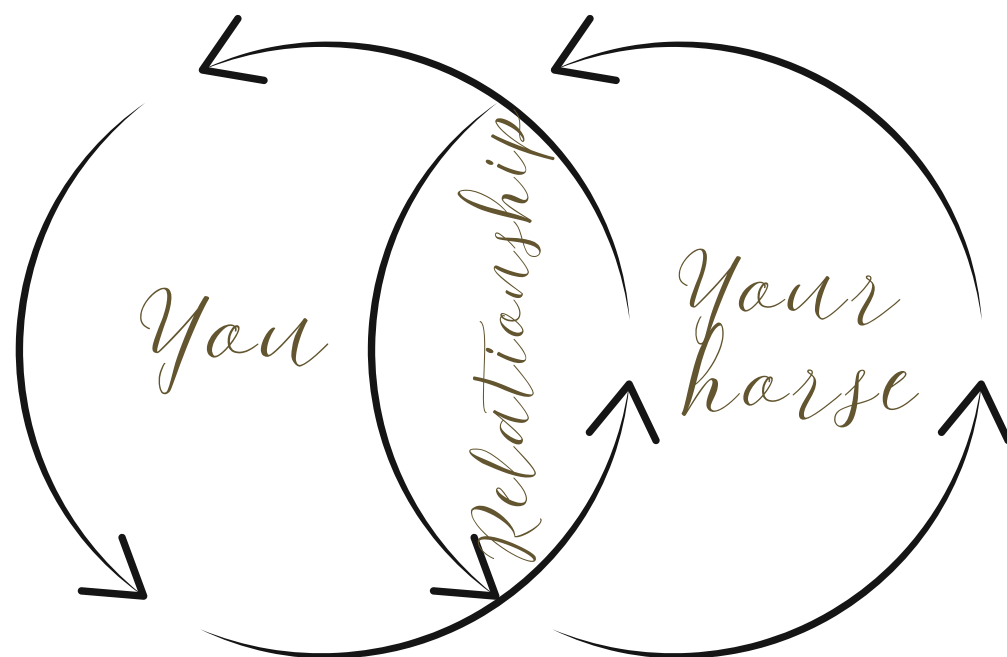
[catherine@balanceandalign.com](mailto:catherine@balanceandalign.com)

Balance & Align Coaching



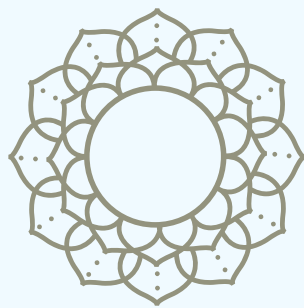
# Hi, I'm Cat

I support heart led horses and humans overcome blocks and shift their relationship with themselves and each other. By meeting them where they are at, and growing inner safety, attunement and authenticity.



To nurture a balanced relationship, each component requires balance within itself.





# *This experience*

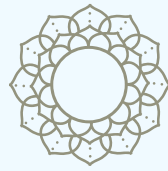
Restore & Renew is created to nurture your component of the relationship.

To support you in becoming the anchor and the root of safety in your relationship with yourself and others.

Where you can decompress, process, give your nervous system a chance to breathe and be in safety... so you can come back feeling more you again. Clear, calm and connected.



# The day



## **Morning:**

Shift what no longer serves you in a growth coaching & facilitation workshop in a beautiful yoga studio, and soak it up with a mindful moment on our yoga mats.

## **Lunch:**

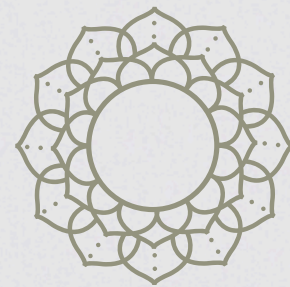
Enjoy a delicious veggie mezze boxes with a hot drink in the café.

## **Afternoon:**

Revitalise & refresh with a dip in the lake, take a long soak in the fire heated hot tub and warm your bones in the wooden sauna overlooking the lake.



# Timetable



10:00am - Arrive, settle in

10:15am - Workshop in the yoga studio

12:30pm - Mindful moment and wind down

1pm - Lunch (Veggie Mezze box & hot drink)

2pm - Spa session (cold dip, sauna & hot tub)

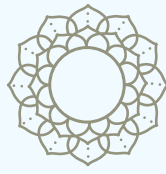
5pm - Close



*Is this  
experience a  
fit for you?*



# Who is this experience for?



This experience is for heart led horse women who are:

- Ready to re-fill their cup and take a big exhale.
- Feeling like their horses are guiding them towards taking time for themselves, and putting some are back into their own nervous system.
- Curious about themselves, and want to understand themselves more deeply.
- Wishing for a mind body & soul reset, to come back to their lives more replenished, regulated, and ready to create meaningful change.
- Wanting to feel more alive, connected to themselves, their horse, likeminded people and nature.

Because sometimes there is simply not the time in the day to day to really allow things to sink in.



# Why might this experience fit you?

During my time as a coach, I used to run self development days for equestrians. These days were wonderfully intense, shifting blocks and bringing new concepts to the table for each person to take away.

HOWEVER...

What I was noticing is, how by the end of the day, people were looking MORE tired and frazzled.

You see, just like our horses, we need to process too.

To digest and integrate in order for it to sink in and make space for the changes and feelings we really want.

As these wonderful women had busy lives, responsibilities, horses, families and work... creating that time and space just wasn't accessible to them.

So what was missing? The right environment, support and time to let it all land.

As humans we think that the shifts happen in the THINKING. This isn't necessarily a helpful narrative, because we are now discovering that the thinking can make sense of what needs to shift, but the real change happens in the BEING.

# Why might this experience fit you?

As hunters, gatherers and walkers on this earth, the natural world would have been our best friend in helping us to feel connected with ourselves and the world around us. Each element will have brought something to support us: the cold, heat, water, earth, air. Now we live in sedentary lives, in domesticated environments, we are limited to the opportunities to tap into nature's gifts for us.

This is why this experience focuses on balancing the inner work, with the work of nature. To bring it back to the being. To bring it all back to you.

If you want to connect, find out more or ask questions about this event, please do get in touch.

[catherine@balanceandalign.com](mailto:catherine@balanceandalign.com)



# How water helped me

Before I was a horse child, I was a water baby.

Water always felt like home. It made me feel light and free, and when I was swimming... the noise and inner chatter melted away, and all that remained was the present moment.

When my life went full horse mode, I lost touch with swimming. However, I still did cold dips wherever I could. In the shower, the sea, rivers and lakes.

And every time I got back in, it all made sense once more.

The cold water felt like waking up, and made me feel utterly and completely alive.

When I got out of the water, I found that my window of regulation had grown. I was able to tolerate situations with my horse and stay more mentally and emotionally balanced.

The water continues to teach and humble me, and each element reminds me something a little different along the way.

I am excited to share these feelings of empowerment and joy with you, where you remember who you are and what you can do, and gather experiences that are yours to keep.

I look forward to joining you there,  
Cat x

*How much is  
this  
experience?*





# *Investment*

## £205

*This can be paid in instalments*

This includes:

- All sessions & coaching in the yoga/workshop space
- Follow up coaching call with me
- Veggie Mezze box with hot drink
- Cold dip
- Sauna
- Jacuzzi
- Robes and towels

*Where is it?*



Equestrian Relationship Coaching

*The location of our day:  
Flö Spa*

**Blackpit Farm (This may be Brewery on Google Maps)  
Silverstone Road  
Buckinghamshire  
MK18 5LJ**

**What 3 words:**

**Blushes.motivates.floating**



*What does  
each element  
consist of?*



# Workshop

Our workshop will be a coaching & facilitation space, where we explore themes grounded in personal development and growth, and around what the group are experiencing and would like to focus on.

It will be a safe space that welcomes exploring, sharing being curious, working together, and supporting you with what you would like to receive from the experience.

We will also move through a mindful moment and tapping as a group to solidify what we have explored, and what you would like to take away.

There is no firm topics, simply the space to explore what presents itself.



## *Afternoon spa in nature*

There is a beautiful balance to be found between exploring our experience through the mental lens, thinking, learning, sense making...

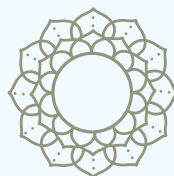
And also allowing the process to unfold by itself.

This requires environments that nurture both. This is why once we have spent time in our coaching workshop, we will head down to the outdoor spa.

Where your mind can rest, digest, connect, and your body can take & process the experience, by getting in touch with nature, sensations, water, and feelings of hot, cold, sun & wind amongst likeminded friends.

The purpose of this day is to find the dance between both. Not getting stuck in either, but creating a pathway between the doing, thinking and being.

To find a bridge to feeling most 'yourself'.





## Spa!

- During our spa afternoon, we will have access to:
- Cold swim lake
- Wood fired Scandinavian sauna
- Outdoor spa with wood fired hot tub and cold plunge pool

## Café

- We will have a delicious lunch at the Black pit Brewery/cafe
- This will be a veggie mezze bowl (I will send ingredients when they confirm!)
- And a hot drink of your choice
- You are welcome to buy any extras you fancy (card payments only)

# What to bring





## *What's provided*

- Yoga mat
  - Your personal robe and towel for the day
  - A Veggie Mezze box for lunch
  - A hot drink (tea/coffee)
- 
- All sessions & coaching in the yoga/workshop space
  - Veggie Mezze box with hot drink
  - Cold dip
  - Sauna
  - Jacuzzi



# What to bring

## **For swimming:**

- An extra towel or robe if you fancy it!
- Crocs, flip flops or sandals
- Toiletries

## **Food/Drink**

- Any extra snacks (something for the way home)
- Water bottle

## **Clothing**

- Comfy, stretchy clothes for the workshop
- Warm clothes for after the swim
- Swimming costume, goggles (swimming costumes are fine, but do bring wetsuits if you fancy!)

## **For the workshop**

- Notebook & pen



# *Spa Etiquette*

## **Hygiene:**

- Shower before using the spa, and after using the lake
- Sitting on a towel in the sauna for hygiene reasons

## **Tranquility:**

- No mobile phones!
- Mindful of noise levels around other guests

## **Health & Safety:**

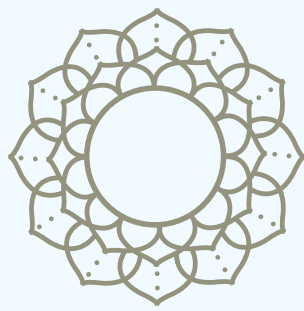
- Alert a member of staff if you feel unwell, or if you have any health issues that may be effected by a cold swim.
- Take your time between hot & cold temperature switches
- Complete a liability form prior to your visit (this will be sent to you)



## *Safety*

**Flö spa take health and safety very seriously. They monitor the pH levels and temperature carefully.**

**Life guards will also be on duty to watch and care for you during your swim.**



*If you think this experience  
is right for you..*



Get in touch with me here:

[catherine@balanceandalign.com](mailto:catherine@balanceandalign.com)

To ensure it is a special and personal  
experience, the group size is limited  
to 6.

So don't hesitate to book your place.

Cat x