

# The **Retreat**

**release** stress and worry  
**recharge** your energy  
**reignite** your motivation

March **2023**



"It was perfect, I didn't want to leave. I could've stayed forever!"

In April 2022 I spent a magical week with some amazing people on my first ever retreat, it was a massive success and even before they left attendees were asking, "when can we come again?"

I am thrilled to announce that the next event will take place in March 2023.

Spending time away from your day-to-day routine, free from demands and expectations is invaluable. The Retreat experience is all about words that start with "re" - rest, reflection, re-focus, replenish, recharge, restore. Deans Court in historic Wimborne Minster provides the perfect location and I have created an uplifting programme to nourish the heart, mind and soul including guided meditations, powerful and thought provoking workshops and much more!

I look forward to welcoming you in March 2023

BIG LOVE



Paul



## The Retreat

release stress and worry  
recharge your energy  
reignite your motivation

"A month after The Retreat I feel like a totally different person. It's been a 360 degree shift for me. I felt like I was in a cocoon before and now I've broken free from what was holding me back and I feel rejuvenated. I feel relaxed and chilled, it was a life changing experience for me actually. I took so much from it and I have never felt so relaxed in my life. Absolutely amazing and can't wait for next year!"

- Sharon

# The Dates

There are two retreat experiences for you to choose from...

## **Retreat One (3 Nights)**

### **Monday to Thursday**

Arrive by 5:00pm Monday 20th March 2023  
Depart 10:30am Thursday 23rd March 2023

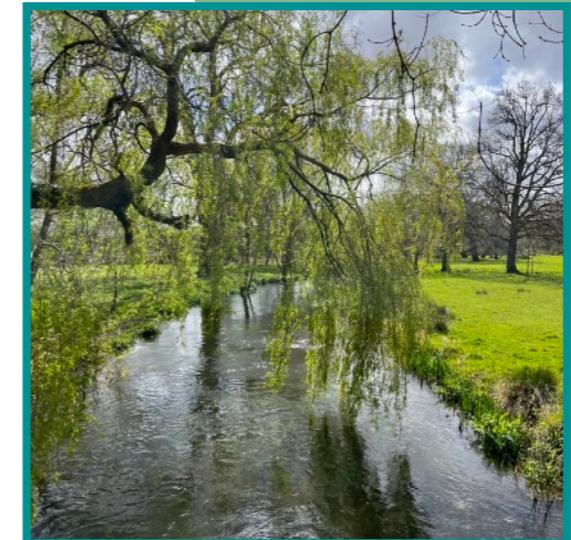
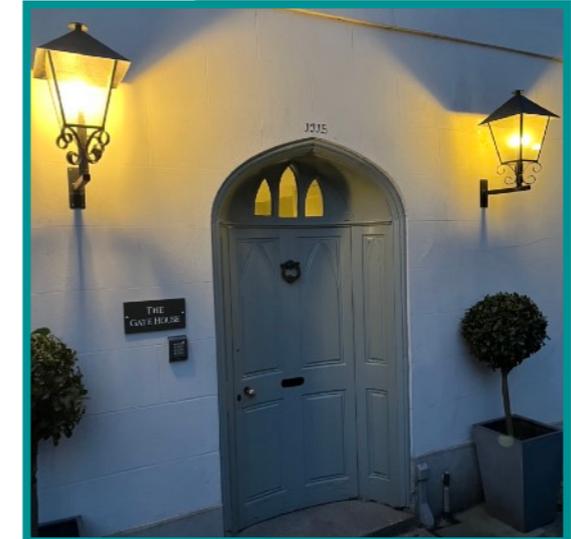
**(Maximum of 10 Places Available)**

## **Retreat Two (2 Nights)**

### **Saturday to Monday**

Arrive by 11:00am Saturday 25th March 2023  
Depart 10:30am Monday 27th March 2023

**(Maximum of 10 Places Available)**



# What our 2022 guests had to say...

"I just loved everything about the way Paul ran the whole retreat, his delivery is spot on, guiding, supportive, listening and loving - so knowledgeable and perfect! Could I give more than 10 out of 10 please because it was just brilliant?!"

"As ever with Paul, everything he gave felt very authentic, natural and honest."

"It was the most enjoyable couple of days I have ever had, relaxing, interesting, and enlightening - both mentally, physically, spiritually and emotionally - honestly I loved it thank you so very much!"

"100% recommend, even for those who think 'i don't need it'. I realised that taking a few days is really important. Being away from the norm and responsibilities of life allows us to see the wood through the trees and realise how things are actually going, how we are actually feeling. I think it's really important for everyone to experience this."

"I left wanting more, if we could have 1 more day or even include the weekend that would be amazing. Sign me up for next year."

"The whole thing was curated to perfection and I felt 100% looked after - from food, venue, pre-travel info and how you brought the group together and made everyone feel at ease."

"Nothing was rushed, everything was absorbed and worked through as a group and everyone was involved as much as they wanted to be. The sessions were relaxed and well thought out the relaxing atmosphere and theme was just right for me."

"100% recommend, even for those who think 'i don't need it'. I realised that taking a few days is really important I think it's really important for everyone to experience this."

"Paul is always approachable, very friendly; he is a magical person. I feel lighter and released a lot of hurt & stress I was holding on to. From now on I am making sure I put more time in for what I need. It was space to think about what you need, with help and support to work through parts of your life that are causing concern or upset. A time to leave everyday life in a safe haven. You will return feeling restored and recharged."

"Loved it all. Exactly what I needed, exactly when I needed it. Massive thank you, genuinely think it will be a moment in my life I look back on as a time my perspective changed and my journey of self discovery began."

"I loved it all."

"It was incredible! Exactly what I needed."

# Some Benefits of The Retreat

- Leave feeling inspired, uplifted and motivated
- Protected time for self-development and personal growth
- Learn techniques and tools to respond effectively to challenges in both life and work
- Re-focus on your goals and priorities
- Release fear, guilt, doubt, stress and worry
- Enjoy restful time in beautiful surroundings
- Connect with like-minded people
- Leave feeling recharged and re-energised

"I so appreciate the way Paul creates a safe space to learn and to share. Paul is an incredibly engaging and passionate speaker. He is an inexhaustible source of wisdom and inspiration."

- Kate

# 3 Night Retreat Experience

**Retreat One (3 Nights) Monday to Thursday**  
Arrive by 5:00pm Monday 20th March 2023  
Depart 10:30am Thursday 23rd March 2023  
**(Maximum of 10 Places Available)**

**Please note costs to be found in The Accommodation section below represent full cost of The Retreat to include all of the following and more:-**

- 3 Nights residential accommodation in beautiful characterful rooms
- Full developmental workshop programme created and delivered by Paul, designed to inspire, uplift and motivate
- Guided meditations, reflective exercises, themed talks, group discussions, a nourishing itinerary for the heart, mind and soul
- Refreshments throughout
- 1 hour follow-up call with Paul post retreat to discuss how to develop what you learned during your stay

Meals Included:-

**Monday**

Dinner + refreshments

**Tuesday**

Breakfast, lunch and dinner + refreshments throughout

**Wednesday**

Breakfast, lunch and dinner + refreshments throughout

**Thursday**

Breakfast

# 2 Night Retreat Experience

## Retreat Two (2 Nights)

### Saturday to Monday

Arrive by 11:00am Saturday 25th March 2023

Depart 10:30am Monday 27th March 2023

**(Maximum of 10 Places Available)**

**Please note costs to be found in The Accommodation section below represent full cost of The Retreat to include all of the following and more:-**

- 2 Nights residential accommodation in beautiful characterful rooms
- Full developmental workshop programme created and delivered by Paul, designed to inspire, uplift and motivate
- Guided meditations, reflective exercises, themed talks, group discussions, a nourishing itinerary for the heart, mind and soul
- Refreshments throughout
- 1 hour follow-up call with Paul post retreat to discuss how to develop what you learned during your stay

Meals Included:-

### **Saturday**

Lunch, dinner + refreshments

### **Sunday**

Breakfast, lunch and dinner + refreshments throughout

### **Monday**

Breakfast



# The Location

The Retreat will be held at the beautiful and historic Deans Court Estate in Wimborne Minster, a charming market town in the heart of rural Dorset.

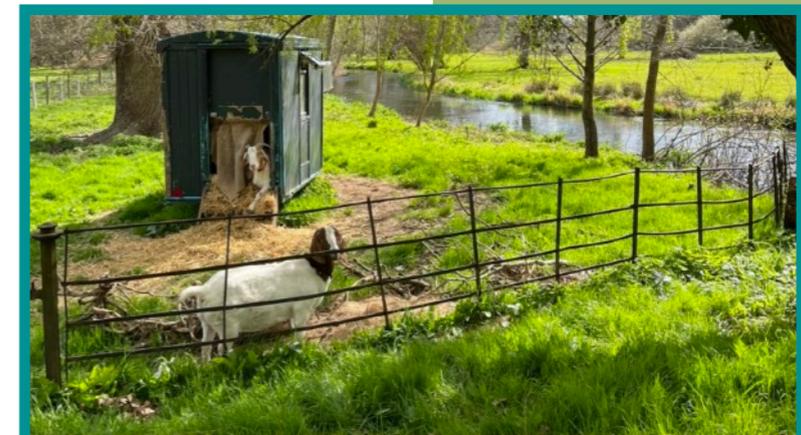
A stones throw from the town centre, Deans Court is a restful sanctuary surrounded by lush gardens and green fields.

Throughout The Retreat We have private access to the lovingly restored and exquisitely furnished Gatehouse, Apple Cottage, Plum Cottage, Shepherds Hut and private gardens.

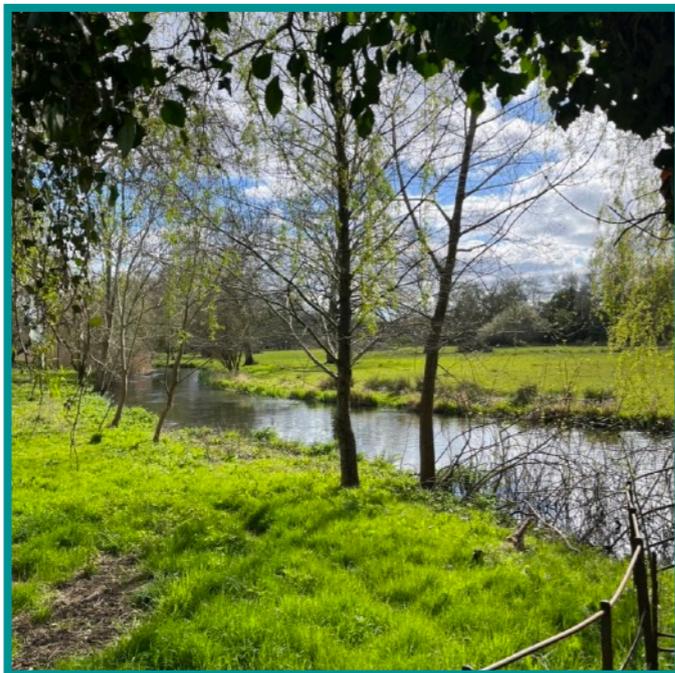
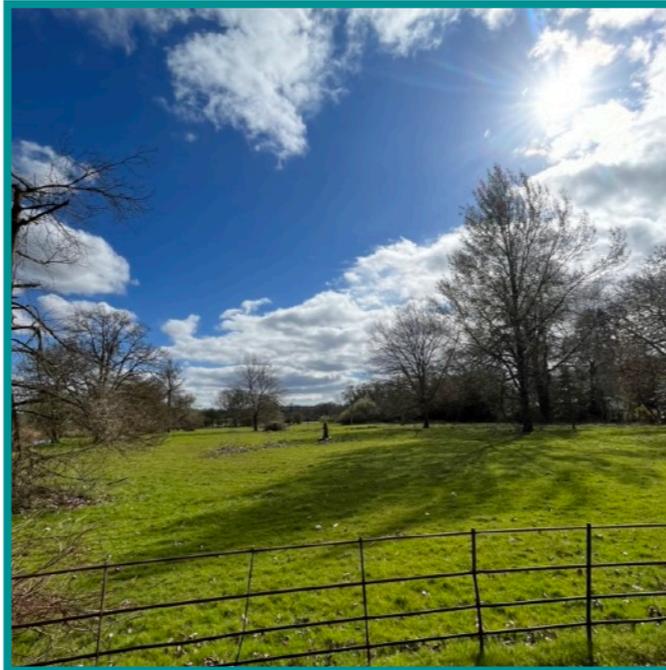


The **Address**  
DEANS COURT  
DEANS COURT LANE  
WIMBORNE MINSTER  
DORSET  
BH21 1EE

**Free parking onsite**



# The Glorious Grounds

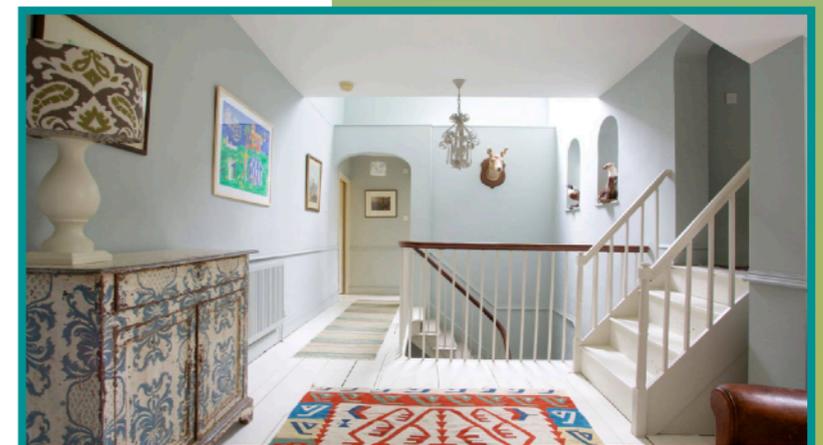


# The Gatehouse

I chose Deans Court for its character and charm. Beautifully furnished, lovingly decorated the cosy nooks and calming views make this a perfect restful haven for all I have planned for you.

Though the elegant chalky-white façade suggests a compact building, you step through an arched doorway into a spacious, beautifully renovated architectural gem that is 18th century Gatehouse.

All guests have access to the private garden, sitting room, kitchen, dining room, barn, bathrooms, WCs, media room, hot tub and free onsite parking.



# The Gatehouse

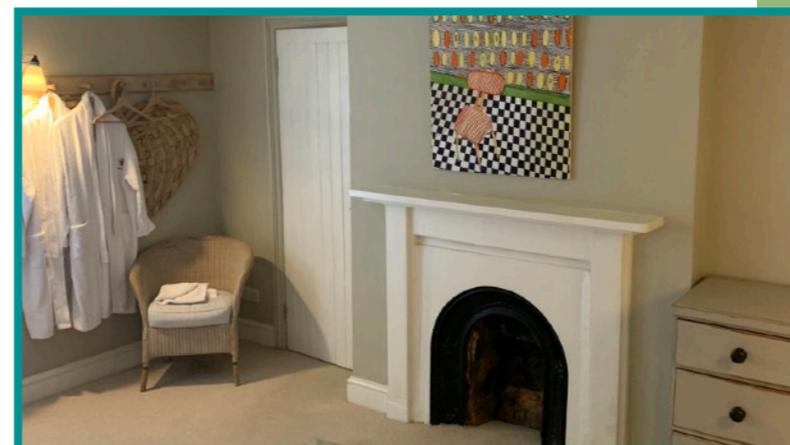
## The Gatehouse Bedroom 1

### Ground Floor

Single occupancy twin bed room with En Suite shower and WC

**Retreat One (3 Nights) Monday to Thursday - £689**

**Retreat Two (2 Nights) Saturday to Monday - £549**



# The Gatehouse

## The Gatehouse Bedroom 2

Double bed - single occupancy - shared bathroom and WC across the landing  
Each bathroom will be shared by no more than 2 people.

**Retreat One (3 Nights) Monday to Thursday - £659**

**Retreat Two (2 Nights) Saturday to Monday - £519**



# The Gatehouse

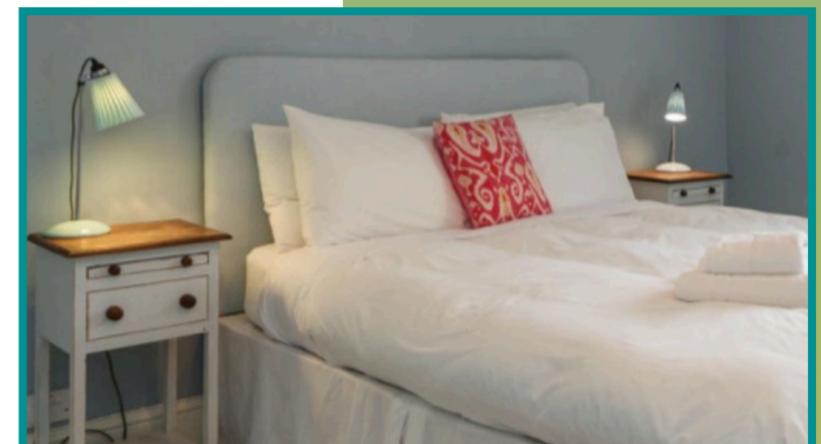
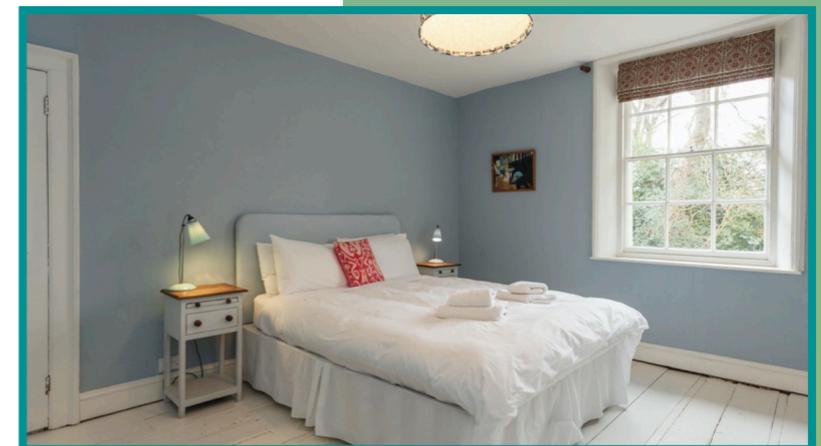
## The Gatehouse Bedroom 3

Double bed - single occupancy, shared bathroom and WC across the landing

Each bathroom will be shared by no more than 2 people.

**Retreat One (3 Nights) Monday to Thursday - £659**

**Retreat Two (2 Nights) Saturday to Monday - £519**



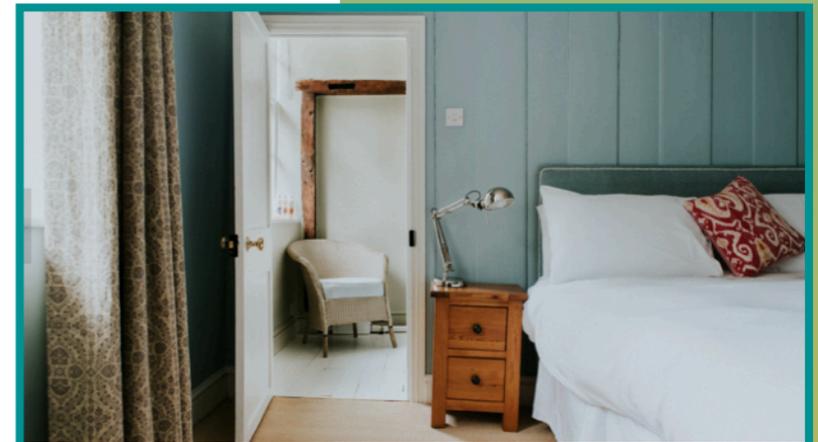
# The Gatehouse

## The Gatehouse Bedroom 4

Double bedroom - single occupancy - En Suite shower - shared WC across the landing

**Retreat One (3 Nights) Monday to Thursday - £679**

**Retreat Two (2 Nights) Saturday to Monday - £539**



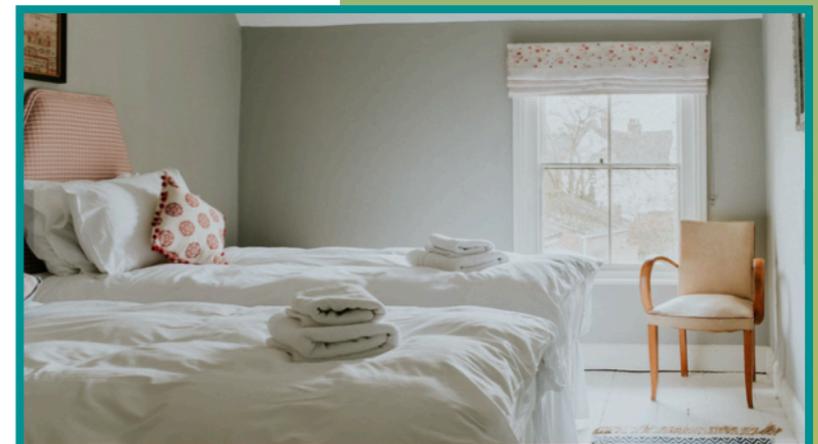
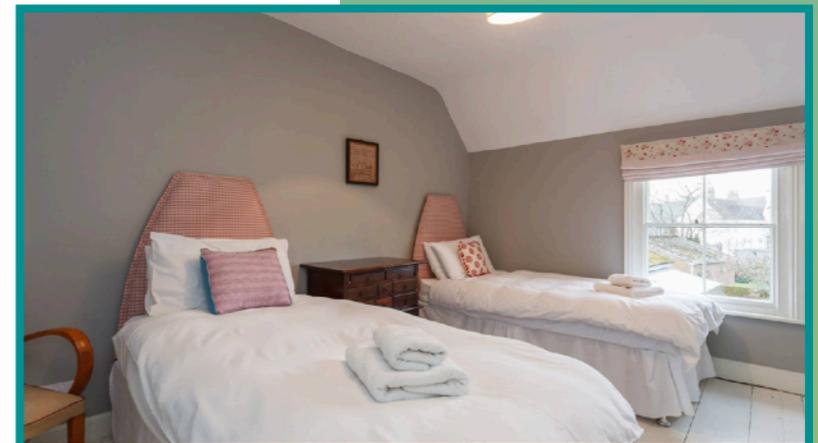
# The Gatehouse

## The Gatehouse Bedroom 5

Single occupancy, twin bed room - shared bathroom and WC across the landing  
Each bathroom will be shared by no more than 2 people.

**Retreat One (3 Nights) Monday to Thursday - £659**

**Retreat Two (2 Nights) Saturday to Monday - £519**



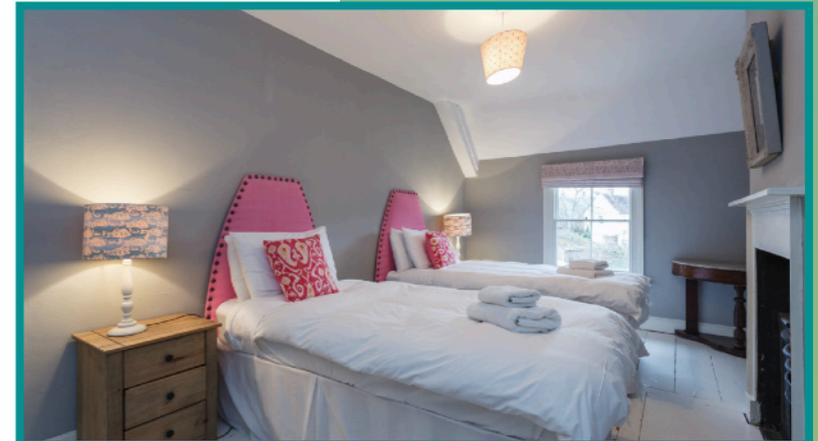
# The Gatehouse

## The Gatehouse Bedroom 6

Single occupancy, twin bed room - shared bathroom and WC across the landing  
Each bathroom will be shared by no more than 2 people.

**Retreat One (3 Nights) Monday to Thursday - £659**

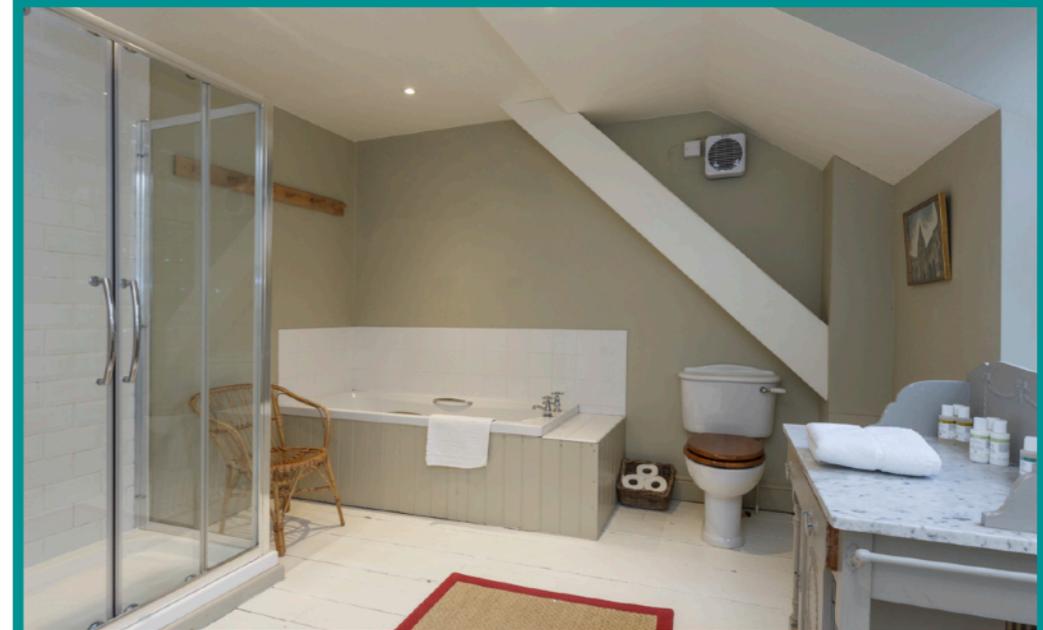
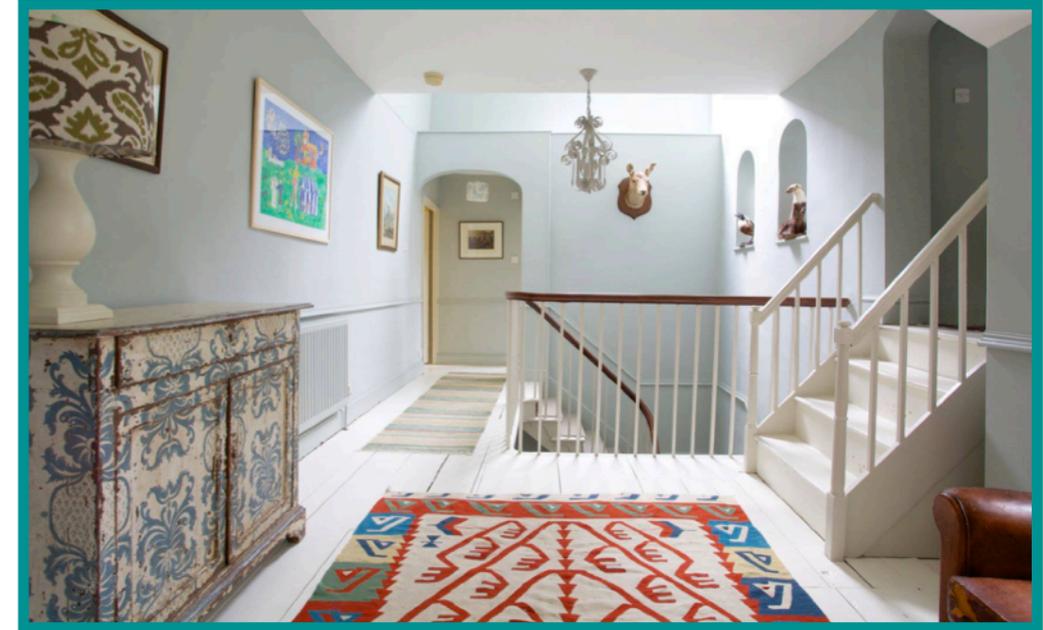
**Retreat Two (2 Nights) Saturday to Monday - £519**



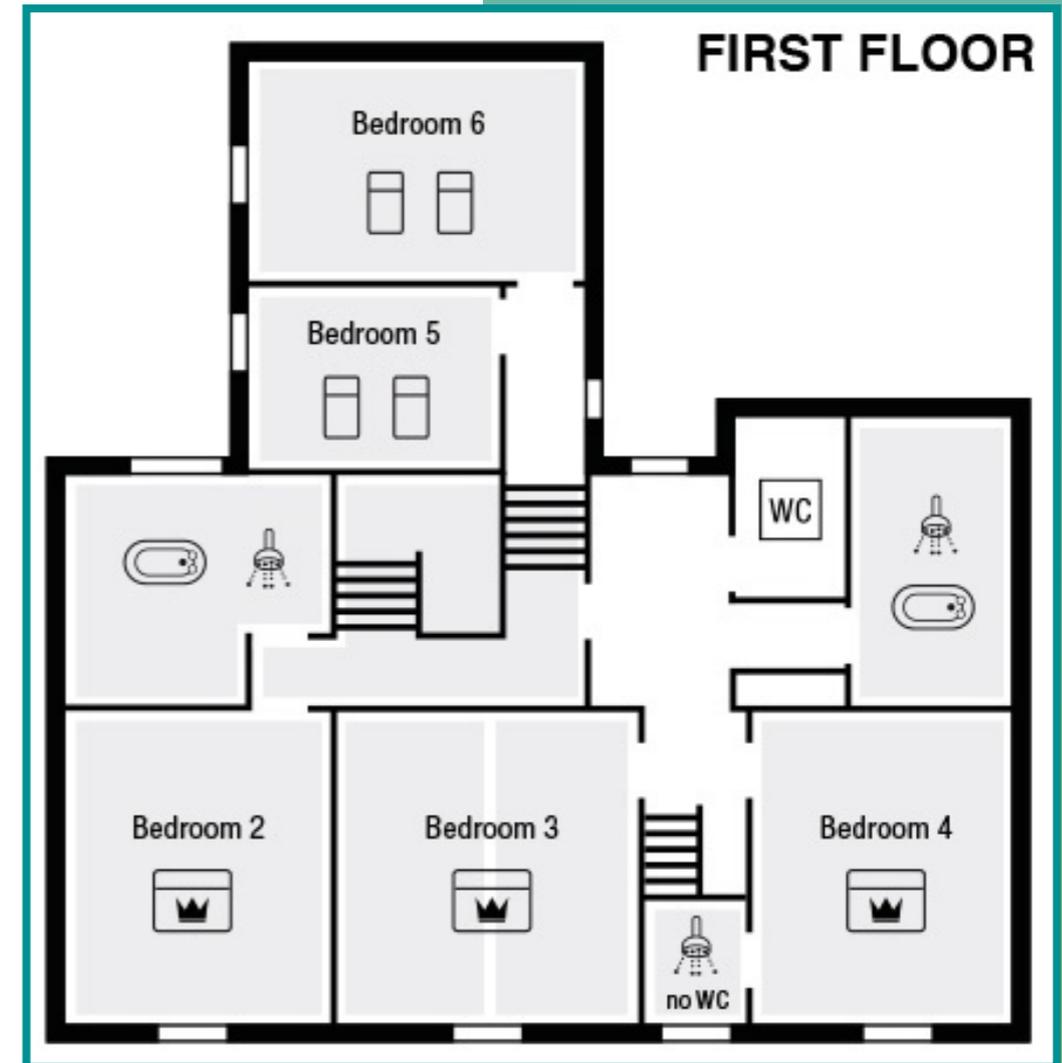
# More Pictures of The Gatehouse



# More Pictures of The Gatehouse



# The Gatehouse Floor Plans



# Apple Cottage

Whole Cottage shared by up to 3 guests

Guests have access to private the gated garden, kitchen, bathroom, WC and large lounge space with views over the countryside.

Apple Cottage is a traditional 18th century cottage set within its own walled garden and adjoining orchard on the Deans Court estate. Recently redecorated the cottages have a contemporary yet homely feel.



# Apple Cottage

## Apple Cottage Bedroom 1

Double bedroom - single occupancy -  
shared bathroom and WC - countryside  
view

**Retreat One (3 Nights) Monday to Thursday - £659**

**Retreat Two (2 Nights) Saturday to Monday - £519**



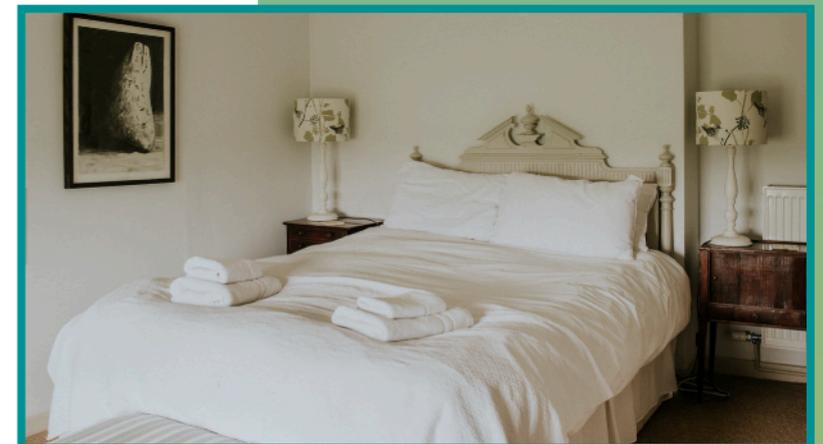
# Apple Cottage

## Apple Cottage Bedroom 2

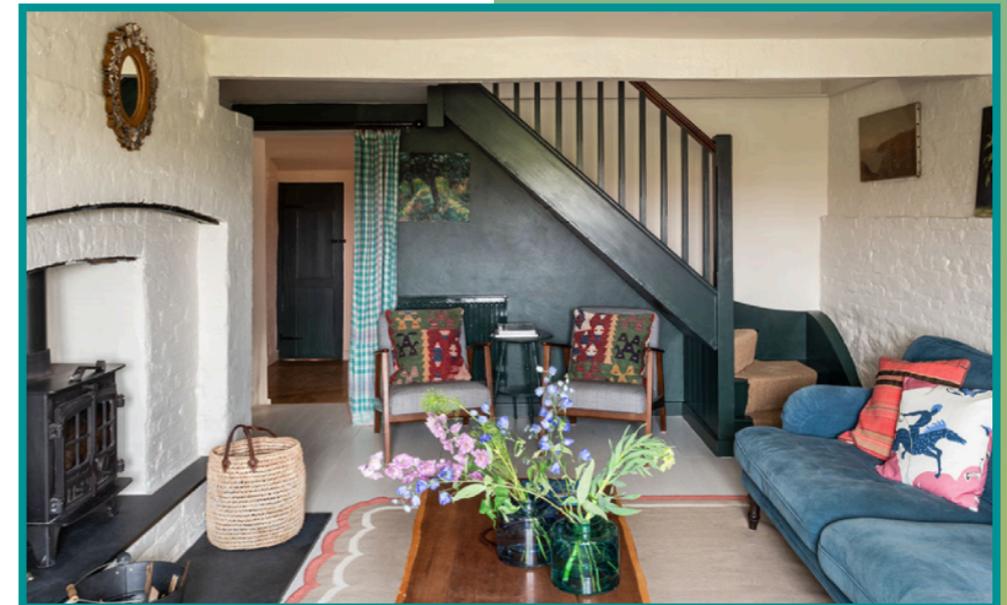
Double bedroom - single occupancy -  
shared bathroom - stunning countryside  
view

**Retreat One (3 Nights) Monday to Thursday - £659**

**Retreat Two (2 Nights) Saturday to Monday - £519**



# More Pictures of Apple Cottage



# Plum Cottage



Whole Cottage shared by up to 3 guests  
Guests have access to the private garden, kitchen,  
bathroom, WC and large lounge space with views over the  
countryside.

Plum Cottage is a traditional 18th century cottage set  
within its own walled garden and adjoining orchard on the  
Deans Court estate. Recently redecorated the cottage  
has a contemporary yet homely feel. Plum Cottage also  
has the option of staying in The Shepherds Hut if you want  
something extra-special.



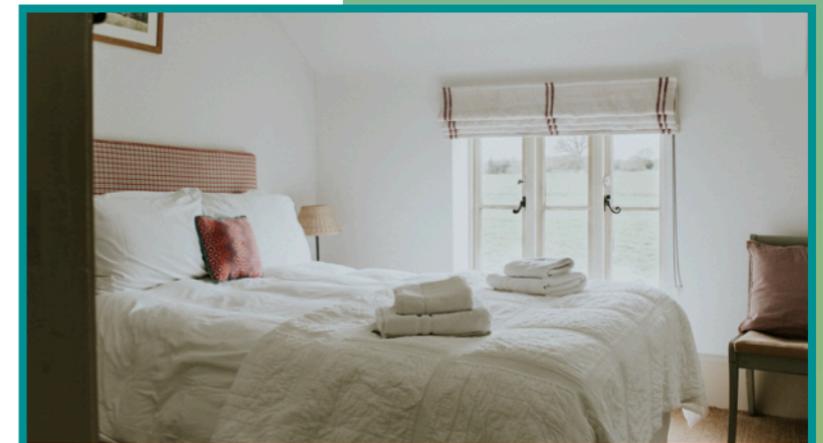
# Plum Cottage

## Plum Cottage Bedroom 1

Double Bedroom - single occupancy - shared Bathroom and WC - countryside view

**Retreat One (3 Nights) Monday to Thursday - £659**

**Retreat Two (2 Nights) Saturday to Monday - £519**



# Plum Cottage

## The Shepherds Hut

The cosy and charming Shepherd's Hut is in the garden of Plum Cottage. With a double bed and a wood-burning stove, nothing could be cosier. Guests who opt for the Shepherds Hut have access to Plum Cottage's facilities, bathroom and WC.

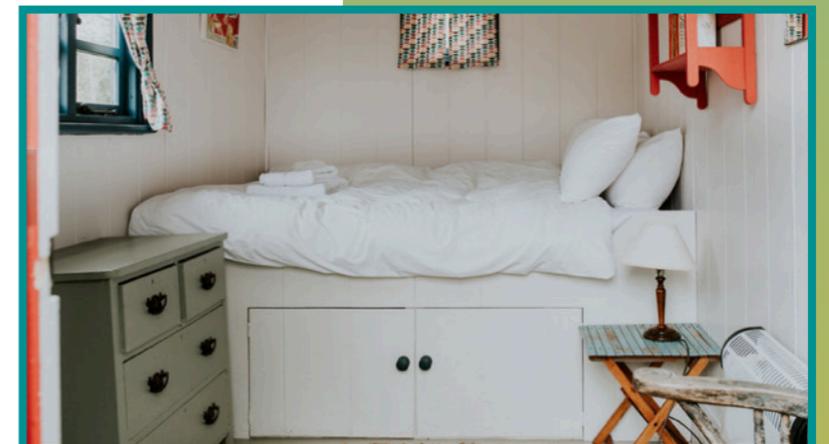
**Retreat One (3 Nights) Monday to Thursday - £497**

**Retreat Two (2 Nights) Saturday to Monday - £397**

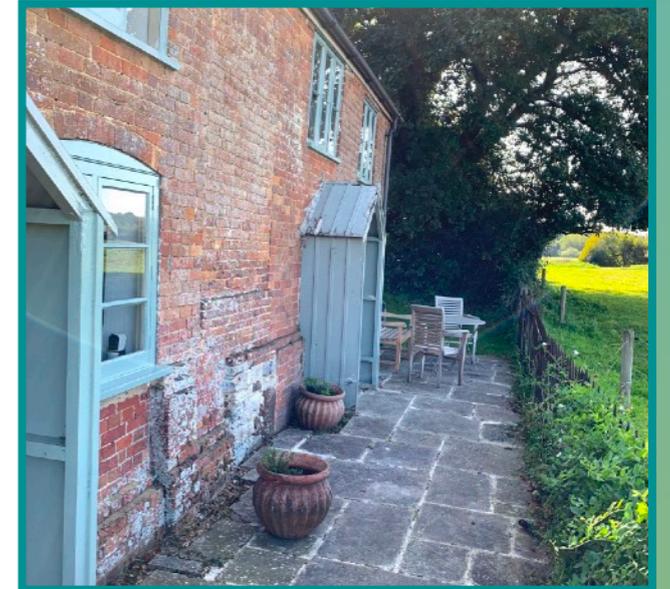


**"Being in the Shepherd's Hut was perfect. It felt like a sanctuary."**

- Sam 2022 Guest



# More Pictures of Plum Cottage



Booking operates strictly on a first come first served basis.

Step One - Choose Your Retreat

Step Two - Choose Your Room

Step Three - Decide How You'll Pay

Email [hello@paulscadding.com](mailto:hello@paulscadding.com) with the following:-

Step One - Choose Your retreat

**Retreat One (3 Nights) Monday to Thursday**

Arrive by 5:00pm Monday 20th March 2023

Depart 10:30am Thursday 23rd March 2023

**(Maximum of 10 Places Available)**

Or

**Retreat Two (2 Nights) Saturday to Monday**

Arrive by 11:00am Saturday 25th March 2023

Depart 10:30am Monday 27th March 2023

**(Maximum of 10 Places Available)**

Step Two - Choose Your Room

All of the rooms are comfortable, clean and beautifully decorated.

All rooms are single occupancy

Step Three - Decide How You'll Pay

**Pay in Full** - To pay in full please transfer via BACS to the account details below.

Or

**Pay In Instalments** - To secure your place you must make a **non-refundable** deposit of £75 to the following account details. Subsequent agreed payments can be made to the same account. All balances must be cleared by 31st January 2023

**Account Details**

**Mr Paul Scadding**

**Santander**

**Account - 94286044**

**Sort Code - 09-01-28**

# How To Book



"It was a beautiful time and I am so glad I came."

# COVID-19 Precautions

**Whilst we all hope that by 2023 COVID-19 is a fading memory, for now we note that COVID-19 is still present.**

**Deans Court maintain the highest standards when it comes to housekeeping and cleanliness. I have met with the housekeeping team and watched them in action and they are, well organised and meticulous with a tireless attention to detail.**

Nearer to the time of arrival we will send out an up to date briefing with regard to health and safety that takes into account the latest COVID-19 guidance if any.

The Retreat will go ahead unless there is a lockdown or Government rules prevent The Retreat taking place.



# The **Retreat**

release stress and worry  
recharge your energy  
reignite your motivation

I cannot wait to welcome you to The Retreat in March 2023

If you have any questions you can email

[hello@paulscadding.com](mailto:hello@paulscadding.com)

**See You In  
March 2023**

BIG LOVE



*Paul*