



Retreat to **RESET**

THE YEAR PLAN TO MAXIMISE YOUR HEALTH, BODY, MOVEMENT & LIFE

19th - 21st January 2024



health:hub

WELCOME

Hi there!



I'm so excited you are considering attending our Retreat to RESET. It is the perfect antidote to modern living. A carefully curated experience you will want to repeat each year. It's the preventative healthcare needed to optimise your wellbeing and life.

I've teamed up with the Thurlestone Hotel, and designed the luxury Retreat to RESET. It's the starting point to better health, more energy, joy and resilience for daily life. Using my 25 years of healthcare experience and my team of experts, you will leave with an individually tailored, step by step plan to get your health, body and life optimised and moving forwards.

Together we will develop your year plan to tackle the key health and lifestyle problems at the root of your current challenges. You will learn how to use science-based strategies to overcome the stresses and strains of daily life, bringing your body and mind back into balance.

The RESET doesn't end when you leave South Devon. We have a range of follow up plans and services to keep you accountable, on track and progressing over the year as you step back into everyday life.

You can wave goodbye to overwhelm, indecision and time wasting and step into 2024 with confidence, clarity and certainty you are doing the best things to optimise your health and life. One simple step at a time.

So, let's take a much needed pause to reflect on the past, review the current and RESET your future.

With love

Victoria Rendle

PHYSIO . EDUCATOR . BUSINESS OWNER
PILATES INSTRUCTOR . LIFESTYLE CONSULTANT

who we can help

If you answer “YES” to any of the following, our Retreat to RESET is just what you need this year.

YES NO

I struggle to create and stick to healthy habits.	<input type="checkbox"/>	<input type="checkbox"/>
I worry about my health but don't know where to start to make changes to feel better	<input type="checkbox"/>	<input type="checkbox"/>
I often feel overwhelmed with daily life. I juggle lots but never seem to achieve things that really matter to me.	<input type="checkbox"/>	<input type="checkbox"/>
I know I need to move and exercise more but I don't know where to start and what to do to get the best results with least amount of time.	<input type="checkbox"/>	<input type="checkbox"/>
I don't like how my body looks (any of the following); Tummy muscles, overall muscle tone, posture or weight.	<input type="checkbox"/>	<input type="checkbox"/>
I have some aches, pains or old injuries that stop me being more active or exercising.	<input type="checkbox"/>	<input type="checkbox"/>
I struggle feeling good about myself and prioritising my own needs in the day.	<input type="checkbox"/>	<input type="checkbox"/>
I'm lacking in energy and direction. I've lost myself and want to get some joy and vigour for life back.	<input type="checkbox"/>	<input type="checkbox"/>
I'm pre, peri or post menopausal and want to optimise my body for this season of my life.	<input type="checkbox"/>	<input type="checkbox"/>
I feel too busy, stressed and possibly even burnt out.	<input type="checkbox"/>	<input type="checkbox"/>
I want to prevent future health problems by being proactive now.	<input type="checkbox"/>	<input type="checkbox"/>

overview

WHAT YOU WILL GAIN FROM OUR Retreat to RESET



- ✓ A comprehensive health screen which identifies the underlying causes of your current health and lifestyle challenges.
- ✓ Peace of mind, confidence, clarity and certainty you are doing the right things to maximise your health and wellbeing based on your individual assessment by highly qualified healthcare professionals.
- ✓ A year plan that addresses the identified causes using simple, achievable steps to get your health and body back on track.
- ✓ An opportunity to retreat from your daily grind, have space for you, quieten your mind, and work out what you really want from your health and life. Use this space, time and skill of our healthcare professionals to RESET your year ahead.
- ✓ Learn and practice the simple, effective, science based self-care practices that work on your specific health, body or mind concerns.
- ✓ Freedom to choose and plan how to spend your time this next year, all whilst relaxing and dining in one of Devon's finest coastal hotels.
- ✓ The opportunity to get support and accountability during the following year, not only from the friend or family member you attend with, but also from our team of healthcare professionals.

how it works

Our Retreat to RESET starts by analysing the following areas because your health is influenced by many interconnected things. Working one to one with our healthcare expert, we can identify the key things underlying and causing your current problems. We can also highlight areas that will impact your health if left unchecked.

The findings of our assessment will provide the foundation for your year plan. You can then chose to add additional physical assessment, treatment, programmes and support to achieve your health and lifestyle goals.



core workshops

Armed with the knowledge from your pre-assessment, you can use the information learnt from each core workshop to support your year plan. Workshops will be a mixture of short lectures and Q&A's. Practical sessions follow, so you can try our science proven strategies to find what works for you.

MOVEMENT & EXERCISE

Understand which impairments in your body are essential to correct and maintain for lasting health. You will learn how to build a movement and exercise practice that is varied, effective, easy to stick to and progress. We all need to move more. It's more effective than any pill for longevity.

ACTIVE REST & RELAXATION

Learn why and which practices are a daily essential to reduce daily stress and inflammation in your body. You have so many options to deploy based on how you are feeling. Your brain and body needs more than just flopping in front of the TV to unwind!

NUTRITION

Learn to optimise nutrition to maximise your energy and recovery. These simple habits will ensure your performance and health won't suffer when things get busy. We show you how to use positive nutrition to better fuel your body and mind. Eating for health doesn't need to be boring or leave you hungry!

SLEEP

Learn how to prioritise the length and quality of your sleep for maximum health benefits. Find out how to minimise common sleep problems so your body can heal and recover. Sleep is commonly overlooked yet crucial in reversing chronic health conditions and for longevity.

TIME MANAGEMENT

Get clear on your core priorities, goals and actions. Understand how to prioritise self care everyday even when things get tough so your health, relationships and happiness don't suffer. Learn how to structure your day, week, month and year and know how to pivot when curve balls hit!

MINDSET

Learn how your mindset commonly sets you up to fail before you start and which simple new habits are the key to joy, will power, health and success. Learn how to recognise unhealthy thought and belief patterns and how to make instant shifts towards a more positive mindset.

what's included

Not only will you get the confidence, clarity and certainty you are doing the right things for your health and wellbeing this year, you will also get the following during our exclusive Retreat to RESET, all from £2954 (based on 2 people sharing an inland room).

PRE-ASSESSMENT



A 50-minute online medical and lifestyle screening with Victoria. A guided reflection is required before hand to outline your current challenges and what you want to achieve. This session is used to plan your individual RESET.

WORKSHOPS



Various short workshops will be run on whole health core principles. You will learn the simple key steps to add to your year plan. Time will be saved for Q&A's and discussions.

MOVEMENT & PRACTICAL SESSIONS



These sessions follow each workshop, putting into practice relevant strategies that boost your health. They include breathing, meditation, Pilates, yoga, stretching, strength and fitness. All are easily adaptable to your body and needs.

ACCOMODATION



Two nights at the luxury Thurlestone Hotel & Spa. Prices are based on 2 people sharing an inland room. If upgrading to a sea view, supplements apply. Why not share this experience with a friend or family member to add to your enjoyment.

YUMMY NUTRITIOUS FOOD



We are not about denying you some of life's pleasures during your stay. You will get two days of breakfast, lunch and dinner during your stay. Highly nutritious snacks and smoothies will also be provided during the workshops to keep energy high!

SPA & FITNESS FACILITIES



There will be free time during your stay to embrace active relaxation in the spa. You can also enjoy the pool, gym, golf course or tennis court. For an added fee, you can book in some additional self care with a massage or spa treatment.

EXPLORE & BE IN NATURE



With some of South Devon's finest beaches and coastal scenery a short walk from the hotel, you can get plenty of fresh air and nature to clear your mind, fill your lungs and feed your soul!

TIME FOR YOU



This whole programme is designed to give you some space to be. Fill your free time with quietness, reading, something more active or simply looking at the beautiful views.

essential guide

roadmap

Unlike traditional retreats, our RESET isn't just a weekend escape. We RESET you for the whole year. Your journey starts the moment you enquire. To get the best outcome and experience your Pre-Assessment happens before arrival. We need to get to know you before you attend the RESET so your experience can be tailored to meet your exact needs. It doesn't end when you leave the hotel either, we've designed ongoing support to keep you on track all year.

TODAY

NOV-DEC 2023

FEB-DEC 2024

01

02

03

04

05

OCT-DEC 2023

19th -21st
JAN 2024

01

DECIDE THIS YEAR TO DO THINGS DIFFERENTLY

Open the door of possibility that your body, health and life can be different in 2024. Bookings are made on double / twin / single occupancy so why not ask a friend or family member to join you? Your journey will be enhanced with a friendly cheerleader alongside! Enquire today by phone or email.

02

DISCOVERY CALL

This call is with one of our healthcare experts. It's to make sure the Retreat to RESET is right for you and that we can help you with your current challenges and goals. It's your opportunity to ask questions and get the certainty you need you are making the right decision.

03

PRE- ASSESSMENT

This is a 50 minute online one to one appointment with Victoria. We use the findings to tailor your RESET to your exact needs. So we can maximise our time together, some guided reflection is required beforehand and needs to be returned via email ahead of time.

04

RETREAT to RESET

On arrival at the hotel, you will be fully taken care of so all you need to do is focus on yourself. There is structure to each day along with some free time. Additional one to one sessions with our clinical experts or spa treatments should be booked ahead of time to avoid missing out.

05

PLAN YOUR FOLLOW UP SUPPORT

To keep you progressing, on track and accountable, you can choose to add a success plan to your booking. We tailor each plan to your needs and goals so you will be confident this is the year you get your health, body, movement and life back on track.

extra support

Our team of health and wellbeing experts will be available for additional one to one support during your stay. For an extra fee, you can choose to add a physical assessment, treatment or other one to ones to your RESET package. We will advise you if you would benefit from these, based on your Pre-Assessment findings. We also offer bespoke Success Plans with our team to support you throughout the year. These can be done face to face, online or a combination of both.

PHYSIOTHERAPY

Finally address those niggles, aches and pains that are impacting daily life by affecting your movement and activity levels. Our whole body approach finds and treats the cause of symptoms with a comprehensive physical assessment. We will discuss our findings and formulate a treatment plan that gets lasting results and works for you.

PELVIC HEALTH

If you are suffering from bladder or bowel incontinence, prolapse, endometriosis, had a hysterectomy or other surgery, our Pelvic Health Physiotherapist can help. Over 60% of women suffer in silence from bladder leaking assuming it's their age or due to childbirth. Pelvic Therapy is essential for best recovery. You don't need to accept bladder leaking as part of every day life any longer.

SPORTS THERAPY

From budding amateurs to seasoned pro's, we optimise your sport and athletic performance using our whole body approach, leaving you to feel, move and perform at your best. We assess for overworking or underperforming areas of your body before they cause an injury and affect your performance. We then devise training programmes to keep you at your best.

BREATH COACHING

Learn how to radically transform your health, movement and mind using simple yet powerful breathing techniques. It can also reverse the impact stress is having on you. Use it to calm your mind and body. Posture, sleep, stiffness, aches, pains and anxiety can all be helped with your breathing superpower. It's an essential daily practice for everyone.

ANTE & POSTNATAL

Prepare your body for labour and delivery during pregnancy, with our specialist physio and pelvic health therapy. Postnatally, get the best and quickest recovery, avoiding years of problems, using our same team. It's never too late to get those pelvic floor and tummy muscles working at their best again, boosting your confidence. Once postnatal, always postnatal is one of our favourite sayings.

PERI & MENOPAUSE

Struggling with pre, peri or post menopausal symptoms or want to take the preventative approach to this season of life? Our specialist team can help you. We work on a one to one basis, devising treatment plans to tackle pelvic floor issues, strength and movement problems, nutrition and lifestyle issues all to minimise symptoms and help you sail through.

PERSONAL TRAINING +

You will get peace of mind and confidence of avoiding injuries or aggravating old problems training with our experts, because of their healthcare background. Your Pre-Assessment findings combined with a 1:1 physical assessment enables us to create sustainable programmes that get you results, confidence and resilience. We monitor, progress and keep you accountable throughout.

PILATES & YOGA

Maximise results and avoid injury using our Pilates & yoga with a clinical edge. We tailor your practice from Pre-Assessment findings making this low impact exercise suitable for all. Classes focus on posture, core strength, stretching, toning, balancing the body and relaxing the mind. A mind, body and spirit way of connecting the body through movement, breath and quietening your busy brain.

MASSAGE & SPA TREATMENTS

Whether it's to relax, switch off, ease muscle tension or to start embracing self-care, book in for a massage or spa treatment. Looking after yourself on the outside always gives the inside a boost and who doesn't need or want that? Using Declor and Voya Organic products our restorative treatments will leave you feeling shiny and new.

FAQs

HERE ARE THE ANSWERS TO SOME COMMON QUESTIONS WE GET ASKED ABOUT OUR Retreat to RESET

Q How do I secure a spot on the Retreat to RESET.

Call or email us now to secure your spot or ask any questions. We require a deposit of £1200 per person to secure your booking. £100 per person to the hotel and the remainder to the HealthHub. To maximise your experience we are limiting numbers. We don't want you to be disappointed by missing out so pick up the phone today!

Q How do I book additional one to one appointments?

We strongly recommend booking these ASAP to avoid missing out. We will make our recommendations based on your Pre-Assessment findings. If there is something you'd like to try just say. We are here to help you get your health, body and life on track during 2024! Payment is required to secure the one to one bookings. We require 14 days notice if you choose to cancel in order to get a full refund.

Q Can I extend my stay?

Yes. This is a great way to complete your additional one to one appointments without feeling rushed. You can extend your stay from £248 per room per night, to include dinner, bed and breakfast.

Q Can I attend on my own?

Yes absolutely. What better way to get some peace and focus on your experience. Please contact Thurlestone Hotel reservations department for a single rate.

Q Can I book additional one to one appointments on arrival?

We strongly advise pre-booking any additional support, including spa treatments so you don't miss out. Spaces are limited, we may not be able to schedule one to one appointments if you have not pre-booked before your arrival.

Q Are additional one to one appointments included in the fee?

No, if you would like a more in-depth Retreat to RESET experience, including physical assessment, you can add this to your basic package fee. We can tailor Bespoke Plans to your exact needs. We are here to make 2024 your year!

Q When will my Pre-Assessment take place?

This will be booked once you sign up, at a time suitable for you and our Clinical team. It will be an online appointment. The link will be sent out to you. You will be required to do some guided self-reflection ahead of this appointment and email return it to us. The more information we get the more we can help you.

“ I’ve got my health and life back on track. I can’t believe the difference it’s made. I’m forever grateful ”

★★★★★ *Annie, 61*

Q Do I have a beverage allowance?

Each guest has coffee / tea included with breakfast and a smoothie on Saturday and Sunday included in their package. Any extra drinks will be charged.

Q Are all my meals included?

Yes. Friday night dinner. Saturday breakfast, lunch and dinner. Sunday breakfast and lunch. Snacks and smoothies are also included during the workshops.

Q I’m not sure if the Retreat to RESET is right for me. Can I speak to someone first?

Absolutely! We want you to feel confident our RESET is right for you before booking. Victoria will have a welcome call with anyone considering attending our Retreat to RESET. This is your chance to ask any questions you may have.

Q What happens if I’m sick and can’t attend?

The hotels usual cancellation policy applies so we highly recommend taking Holiday Insurance.

Q Can I do my Pre-Assessment face-to-face?

Absolutely! If you are able to be in the South Hams before the RESET, we can arrange a face-to-face pre-assessment at the Thurlestone Hotel or at the HealthHub in Kingsbridge.

Q Can I cancel once I’ve paid my deposit?

If you want to cancel more than fourteen days before arrival and have already completed your Pre-Assessment, a £300 fee will be deducted from your deposit to cover your Pre-Assessment appointment and admin fees. For cancellations of less than fourteen days prior to arrival date the full charge of the stay will be incurred.

Q Do you offer payment plans to spread the cost?

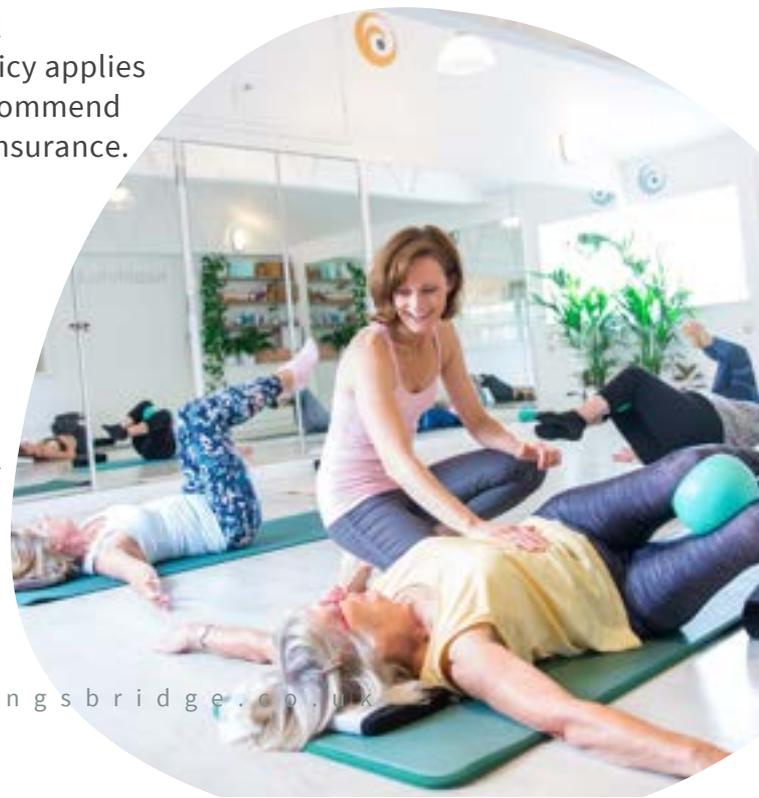
Sadly not at this time.

THE SIMPLEST THING TO DO...

Pick up the phone or email Kate Davey. We are here to help and answer any questions you may have.

 marketing@thurlestone.co.uk

 01548 560382



success stories

HERE'S WHAT SOME OF OUR LOVELY CLIENTS HAVE TO SAY ABOUT THEIR EXPERIENCES

Free yourself from guilt

I was going through a really difficult time with a loved one having health issues, which meant my normal self-care and “me time” went completely out of the window. I felt guilty I had let myself go. I wasn't looking after myself despite understanding that I need to be the best I can be to care for my family members. This was making me feel guilty. Big time. I felt I was losing my sense of self.

I was anxious I couldn't perform my best at work. I knew the stress was impacting my body and worried I would get sick, burnout, gain weight or get aches and pains. If this happened I couldn't be there for those who needed me.

When I signed up I was expecting I would pick up some tips on how to manage my time and self-care, which I knew would be useful. But, what I got was so much more!

I felt less alone and like a burden had lifted. I came away feeling it's okay to release the guilt of prioritising my self-care. I learned to be kinder to myself, as cheesy as it sounds!

I felt less alone talking to the others who all had their own battles. I really loved the content especially about being “in the trenches”. It was very affirming.

I felt a massive sense of relief that my goals can be reviewed and restarted at a later date when I actually have the mental capacity to go through them!

Had I not done this I would have lived with so many horrible emotions. I would have been miserable, overwhelmed, guilty and alone and my health would have suffered.

Now, I am developing a much kinder relationship with myself. Who doesn't want that?! I now won't waste years and years beating myself up emotionally!

If you're thinking about RESET, just say YES and do it. It will bring you so many insights that will make life easier and clearer knowing what you want and need to do for a healthier and better life.

I now have simple, personal, actionable ways to prioritise myself, improve health, time management and begin to live the life I feel excited to live!

“I now have simple, personal ways to prioritise myself, improve health, and begin to live the life I feel excited to live!”



Naomi



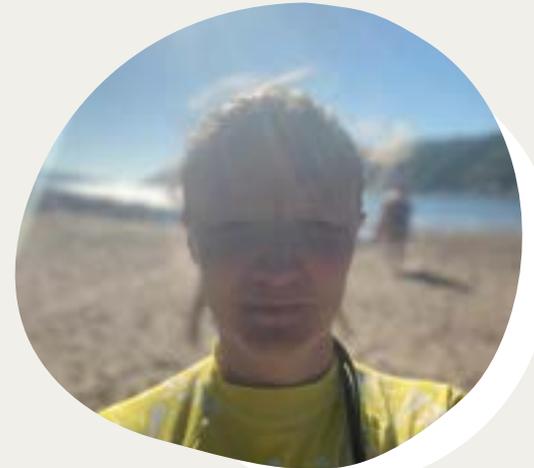
success stories

★★★★★ *Esther, 43*

IT'S THE BEST THING I'VE EVER DONE...

I would recommend investing in this experience to everyone whatever your age or current problem!

I was in a pickle before. My body and mental health were suffering. Work was a struggle, I wasn't sleeping and I'd lost motivation. My family and daily life were being affected. It's given me some much needed direction and heaps more. I want to do it every year!



★★★★★ *Corinna, 41*

I'M NOW A HAPPIER MUM AND WIFE...

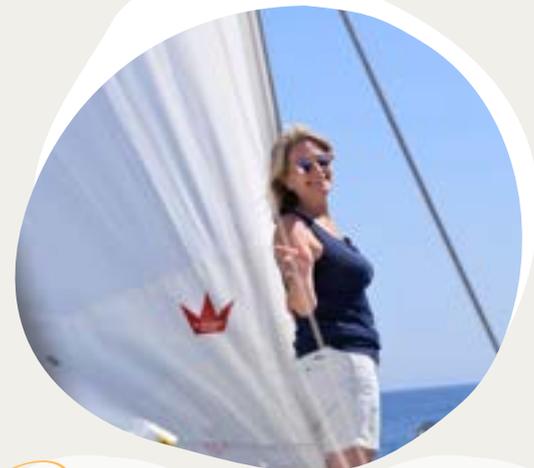
I also have more energy and enthusiasm for others all whilst giving time and energy to myself without feeling guilty! I love the fact I can now start to build in tiny steps, to achieve big goals. If you're thinking about RESET, do it, no questions. It's enlightening, encouraging, transformative and guilt free!



★★★★★ *Jo, 58*

I'VE REVOLUTIONISED MY LIFE!...

I was overwhelmed juggling everything at work and home. I couldn't find time for self-care and especially to fit in exercise. I now feel so much less stressed and get up early every weekday morning to have half an hour of self-care time just for me and it's made a huge difference in my life.



★★★★★ *Penny, 53*

IT'S HELPED ME FIGURE OUT WHAT'S MOST IMPORTANT...

I've given myself permission to hit pause. For once in my life I am not making lots of plans, in fact I'm not making any plans at all, which is rather strange. Right now it's time to focus on me and staying present in now, not overthinking the future.





about me

I love learning. As a Physio I've learnt to look at the whole person in front of me looking for the cause of the problem not just treat the symptoms. I consider all the systems, internal and external factors that influence the body, mind and movement that lead to pain. The place that hurts is rarely the root cause. That lies in another region, commonly over or under working.

I learnt the hard way that, just like pain, overall health is never about the symptom and needs to consider the bigger picture!

Since I was a teenager I lost myself in life and ill health. I was so busy keeping up with life's daily demands. Everyone and everything else seemed more important than my needs. I believed I was being lazy for reading a book when I was tired or taking time out for a walk. Everything seemed equally important on my "to-do" list. There just wasn't enough time in the day. So I just pushed through and dug deeper.

I hadn't considered I was "stressed" I hated the word. I was busy with a lot on my plate. Eventually I burnt out and suffered further health issues with my thyroid, skin and gut. My immunity was shot. I was exhausted. I felt numb emotionally. The only reason I kept going was for my daughter.

Traditional healthcare had no answers. So I spent the next few years exploring functional and lifestyle medicine, nutrition, mindset principles, psychology, breathing, meditation, time management and spirituality to name a few.

I discovered that over 90% of modern illness is down to lifestyle including those aches, pains and movement problems I see in the clinic everyday.

Looking back I'm genuinely grateful for this painfully tough journey I've been on. It's taught me so much and reset how I live day to day. Not only has it transformed my own life and health, but also that of my clients.

Using my experiences and clinical learning from many healthcare experts, I've developed the Retreat to RESET so you don't need to suffer and waste years as I did. My aim is for it open a window of awareness and hope that you too can live a different life. One of health, joy and peace. It's your starting point to a better life and my team and I can support you every step of the way.



next steps

IS 2024 THE YEAR YOU PLAN TO MAXIMISE YOUR HEALTH, BODY, MOVEMENT & LIFE?

If you are even just a little curious how we can help you during our Retreat to RESET, please get in touch by emailing or calling. Spaces are limited. We can't wait to hear from you and start helping you.

**TRANSFORM YOUR HEALTH
STARTING TODAY**



marketing@thurlestone.co.uk



01548 560382

THURLESTONE HOTEL **health:hub**