



4 Nights/5 Days Intensive Healing Retreat



This retreat takes place at Oldshore Studio in Scaleby, Cumbria and is designed for people who are ready to begin or progress their recovery from stress, anxiety or trauma. Suitability is determined through completion of a questionnaire and a telephone discussion.

Intensive therapy is most suitable for people who feel ready to engage actively in the therapeutic process. The concentrated format allows time for therapeutic work alongside periods of rest, reflection and recovery.

This retreat is tailored to you and your individual goals. Your time at Oldshore Studio will combine therapeutic sessions with periods of rest, reflection and self-directed activities. Depending on your needs, this may include EMDR, hypnosis, meditation, breathwork and other therapeutic approaches. There will also be time to relax, walk in nature and allow space between sessions for the work to settle.

The 5-Day Retreat

The following is an example of how the five days may be structured. Your programme will be agreed with you and adapted according to your individual needs and progress.

Day 1 – Thursday: Arrival and settling in

- Arrival from 16:00 onwards (flexible depending on travel)
- Welcome, settling in and discussion of your goals for the retreat
- Initial therapeutic session, if appropriate
- Introduction to self-directed activities and the structure of the retreat

Days 2–4 – Friday to Sunday

- 09:00–10:00 – EMDR, therapeutic session, journaling or catch-up
- 16:00–17:00 – EMDR, hypnosis or other therapeutic session
- Time between sessions for rest, reflection and self-directed activities
- Free time to walk, relax and explore the local area

Day 5 – Monday: Review and next steps

- 09:00–10:00 – Final session and review
- Discuss your progress, retreat summary and recommendations for ongoing support
- Agree next steps and any follow-up arrangements
- Depart

Follow-up support

If you would benefit from further EMDR, hypnosis or other therapeutic sessions following the retreat, these can be arranged online at £75 per session.



Your Stay at Oldshore Studio

Practical information for your retreat

Accommodation

Accommodation is booked separately by you and is not included in the retreat fee. There is a range of accommodation in and around Scaleby and the surrounding area to suit different preferences and budgets. We can provide suggestions for local accommodation when your retreat is confirmed.

Travel

Guests are responsible for arranging their own travel to and from Oldshore Studio. Travel arrangements and associated costs are not included in the retreat price.

- Full address and directions will be provided when your retreat is confirmed.
- If you are travelling by public transport, please let us know in advance so we can discuss the practical arrangements for reaching Oldshore Studio.

What to expect

- A personalised programme based on your individual goals and needs
- A combination of therapeutic sessions and periods of rest and reflection
- Time for self-directed activities between sessions
- Opportunities to walk, relax and spend time in nature
- Support and check-ins throughout your stay

A note about the programme

The timetable is intentionally flexible. Intensive therapy can be demanding, so sessions and activities may be adjusted during the retreat according to how you are feeling and what is therapeutically appropriate.

Booking and enquiries

For further information or to request an application form: Oldshore.studio@mail.com