

CORPORATE HIRE BROCHURE 2023

THE DREAMING

THE DREAMING.CO.UK



At The Dreaming, we understand how important the need is for everyone to take some time out of the fast paced hustle and bustle of life and reconnect to a deeper sense of purpose, to nature and to each other.

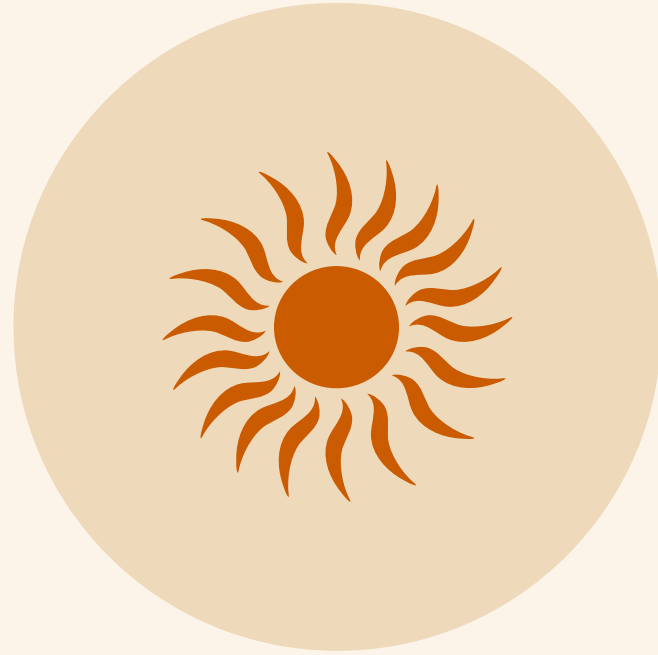
Not only is this essential for our own individual wellbeing, but it is also critically important for organisations who understand the value of connected, cohesive and communicative teams. Organisations who invest in their teams' wellbeing are also investing in their professional and strategic growth.

Our exquisite Corporate Retreat Package offers a unique blend of relaxation, inspiration, and skill-building activities, all set in a stunning natural backdrop amidst 47 acres of woodland, waterfalls, meadows and mountains.

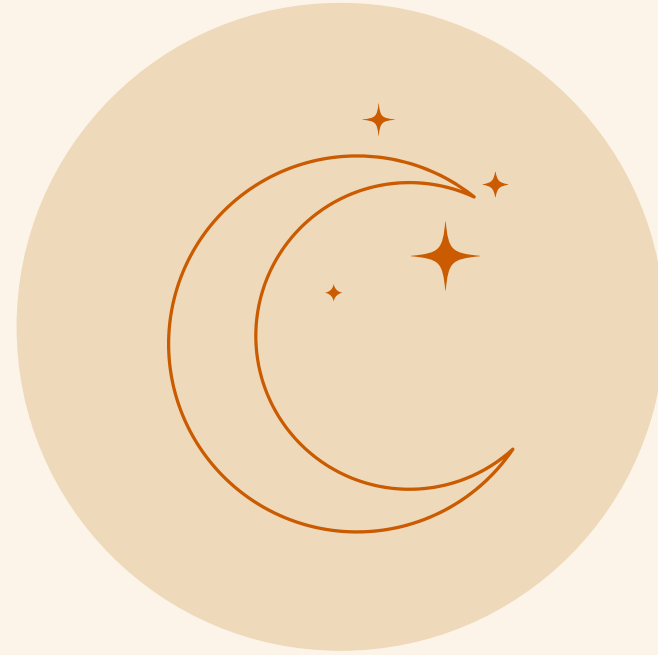
All of your senses are treated to an unparalleled experience in nature and in the luxury of Rhydoldog House - designed to a world class specification.



In Brief



DAY RETREATS
(UP TO 24 PEOPLE)



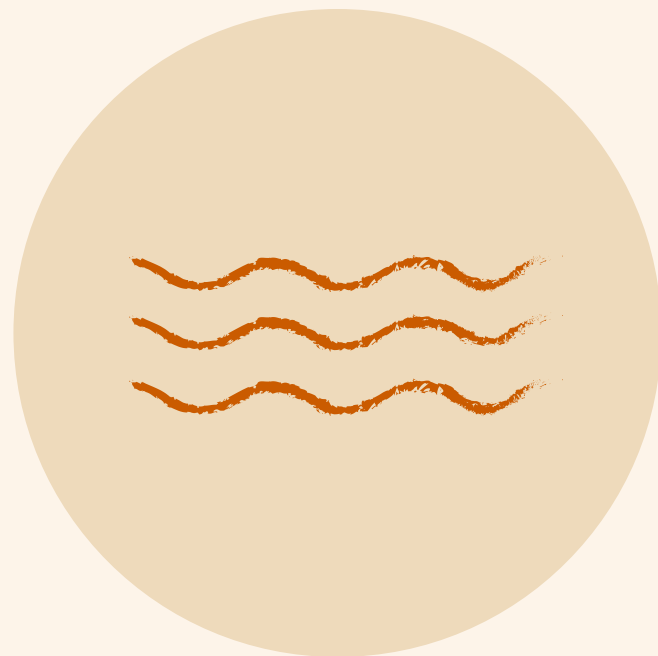
RESIDENTIAL RETREATS
(UP TO 14 PEOPLE)



ANCIENT WOODLAND



PRIVATE CHEF



WILD SWIMMING



TEAM BUILDING ACTIVITIES



ABUNDANT NATURE



WORKSHOP AREAS

Retreat Highlights

Location

Nestled in the heart of the Elan Valley, our retreat offers a serene and rejuvenating environment, away from busy work life, whatever the weather.



Accommodation

Luxurious rooms with modern amenities awaits you, each designed by award winning designers to provide comfort and tranquility.



Wellness & Relaxation

Wellness sessions that include yoga, meditation, sound bathing or reflective journalling will increase your awareness and knowledge of your inner self as well as being physically relaxing and rejuvenating.

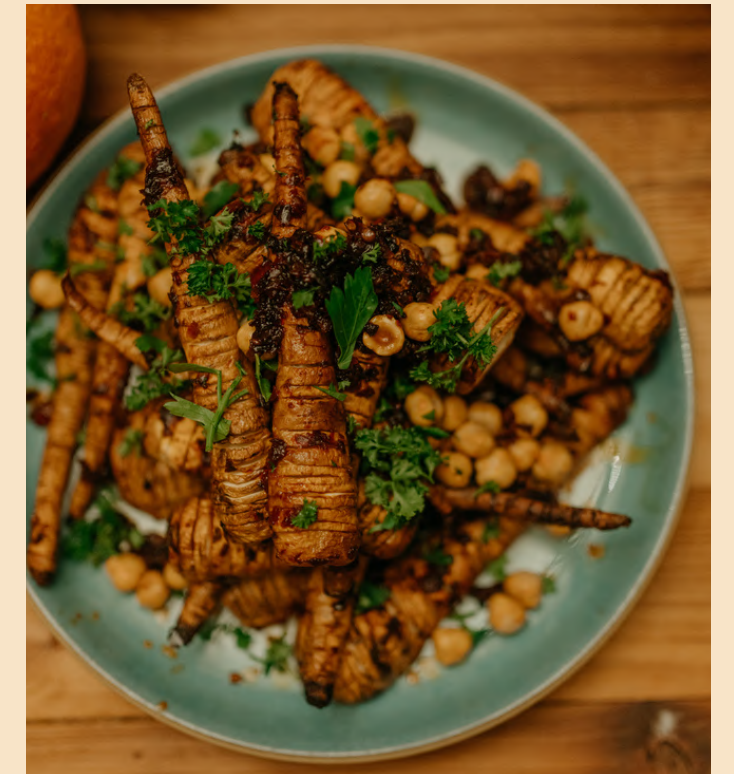
Recharge your energy and achieve a perfect work-life balance.



Gourmet Dining

Feasting as a community is also part of our daily lives on retreat - savour delicious, chef-prepared meals using locally sourced ingredients. You will have no need to worry about anything as you go through your programme.

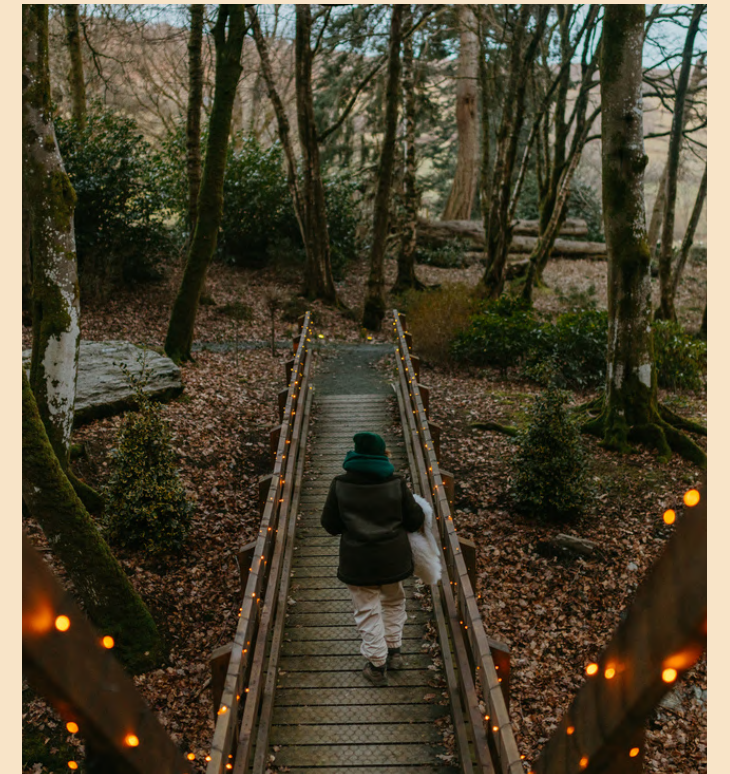
Our culinary experience will tantalise your taste buds and add a touch of indulgence to your retreat as well as creating a way to nourish your body and mind with the rest of your community.



Evening Activities

If you have selected a two or more day package with us, unwind with special evening activities such as;

Campfires, Night Time Walks, Woodland Cinemas or other entertainment and sessions are amazing ways to relax and form close bonds with your team members in a magical setting.



Nature Exploration

Immerse yourself in the beauty of our magical surroundings.

Guided hikes, nature walks, and outdoor adventures will rekindle your connection to the natural world.



Additional Highlights

Customisable Itinerary: Tailor the retreat to your company's objectives. Our experienced team will work with you to create a schedule that aligns with your team's goals.

Team Building Activities: Engage in a variety of activities that foster teamwork and communication. From outdoor, ceremonial experiences, to creative workshops, our programs are designed to strengthen bonds through connecting experiences and enhance collaboration.

Professional Development: Benefit from specialised workshops and offerings conducted by industry experts. Enhance skills such as leadership, problem-solving, and innovation, all while enjoying the retreat experience.



Package Overview

Duration: Choose from **one**, **two** or **three** day retreats.

Group Size: Accommodates groups of **10** to **14** participants for residential retreats. For day retreats we can host up to **24** people.

Customisation: Personalise activities, workshops, and catering options.

THINGS TO NOTE

'Digital detox': This is a proper chance to disconnect and we therefore do not offer wifi as standard. However, if this is something integral to your stay with us then please let us know.

'Dry Site': This is also a dry site meaning we do not allow alcohol to be consumed on our retreats

Special Sessions : We can also offer bespoke sessions led by founder of The Dreaming/Globally renowned artist and activist, **Charlotte Church**. Charlotte is an experienced facilitator and can deliver her own sound journeys, singing to the land sessions and co-created seasonal ceremonies.

An additional session with Charlotte will cost **£5000 + VAT** and is an extra special addition to your experience.

One Day Retreat - £4,500.00 + VAT

On the following slides you'll find examples of our Corporate Retreats.

Please note, all sessions are optional and you can choose the right workshops for your retreat. You may also want to lead your own sessions that are relevant to your organisation.

One Day Retreat

Arrive at 10am

10-10.30am - Welcome Drink and Snack
and Intro

11-12.30pm *Session 1* - Yoga

12.30-1.30pm - Lunch and Work Based
Session 2

1.30-3pm - *Session 3* - Forest Bathing

3.15-5.15pm - *Session 4* - Sound Journey

5.30-6pm - Closing Circle and Depart



Two Day Retreat - £9,000.00 + VAT

On the following slides you'll find examples of our Corporate Retreats.

Please note, all sessions are optional and you can choose the right workshops for your retreat. You may also want to lead your own sessions that are relevant to your organisation.

Day 1

Arrive at 10am

10-10.30am Welcome drink, Snacks and Intro.

11-12.30pm: *Session 1* - Yoga

12.30-1.30pm: Lunch & Work Based *Session 2*

2-4pm: *Session 3* - Forest Bathing

4.30-6pm: *Session 4* - Sound Journey

6.30pm: Dinner

7.30-8.30pm: *Session 5* - Journalling by Candlelight

9pm: *Session 6* - Woodland Cinema

Day 2

7am: *Session 7* - Celestial Blessings

8am: Breakfast

9.30-11am: *Session 8* - Creative Arts

11am-12.30pm: *Session 9* - Group Coaching/Emotional Resilience

12.30-1.30pm: Lunch

2pm-3.30pm: *Session 10* - Meditation

3.30-4.30pm: *Session 11* - Work Based Session

5pm: Closing Circle & Depart

Three Day Retreat - £13,500.00 + VAT

On the following slides you'll find examples of our Corporate Retreats.

Please note, all sessions are optional and you can choose the right workshops for your retreat. You may also want to lead your own sessions that are relevant to your organisation.

Day 1

Arrive at 10am

10am-10.30am: Welcome Drink, snack and introduction.

11-12.30pm: *Session 1* - Yoga

12.30 - 1.30pm: Lunch and Work Based *Session 2*

2-4pm - *Session 3*: Forest Bathing

4.30-6pm - *Session 4*: Sound Journey

6.30pm: Dinner

7.30-8.30pm: *Session 5* - Journalling by Candlelight

9pm: *Session 6* - Woodland Cinema

Day 2

7am: *Session 7* - Celestial Blessings

8am: Breakfast

9.30-11am: *Session 8* - Creative Arts

11am-12.30pm: *Session 9* - Group Coaching/Emotional Resilience

12.30pm-1.30pm: Lunch

2-3.30pm: *Session 10* - Meditation

3.30-4.30pm: *Session 11* - Work Based Session

6pm: Dinner

7.30pm: *Session 12* - Fireside Meditation

Day 3

8am: Breakfast

9.30-11am: *Session 13* - Yoga

11.30-1pm: *Session 14* - Mindfulness

1pm 2pm: Lunch

2.30-3.30pm: *Session 15* - Coaching Session/Team Communication

4-5pm - Closing Circle & Depart

Retreat Guests Words

Kelley Swan

"The Dreaming Retreat is as **magical** as it gets. Every detail has been consciously curated for relaxation, **healing** and the joy of beauty and being."

Olivia Summerton

"The house and grounds it's self are dreamy, warm , inviting and inspiring. The natural plunge pools were fabulous. The place has a **soul inspiring energy** that really will take you on a journey of self discovery."

Alison Lucy

Everything about The Dreaming will exceed your expectations. The house is stunning, with incredible attention to detail. You will leave **feeling nourished by the land.**

Clare Sanders

Pure magic! What an absolute treat for mind, body, spirit and soul The Dreaming is. Seeing is believing and I can't recommend it highly enough.

A place to reconnect with nature, yourself, and others in a truly beautiful, nurturing, healing and held environment.

Daf James

"This place is **AMAZING!** I had no idea what to expect. But there were so many moments of magic. I was deeply moved by the experience. The house and landscape is **breathtaking.**"

Christine Whewell

There are actually no words to describe our experience, except it **TRULY WAS TRANSFORMING.** Pure **WELSH MAGIC!**

The setting is breathtaking, the house welcomes you with a beautiful hug and is stunning.

To Conclude

Invest in your team's success by investing in a transformative Corporate Retreat Package.

Reconnect, rejuvenate, and return with a renewed sense of purpose.

For bookings and inquiries or to arrange a site visit, contact our Business Director:

Hannah Fitt at: hannah@thedreaming.co.uk

Website: www.thedreaming.co.uk

Instagram: [@thedreamingretreat](https://www.instagram.com/thedreamingretreat)

Facebook: [facebook.com/thedreamingretreat](https://www.facebook.com/thedreamingretreat)

RhydoIdog House, Cwmduddwr, Rhayader, LD6 5HB

Escape the ordinary. Embrace the extraordinary.

Come, Soul Voyager - Join us for a retreat that will redefine your team's potential.

