



# PURE GOLD



**selfscape retreats**

[www.selfscaperetreats.com](http://www.selfscaperetreats.com)



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# IS IT TIME TO RECLAIM YOUR VITALITY?

Discover the ultimate escape where luxury meets personal transformation - a unique and intimate journey designed for those who refuse to settle for the ordinary and seek to reset and recharge in a breathtaking environment.

At Selfscape Retreats, we create deeply personal experiences that build not just physical strength, but mental clarity and lasting self-confidence.

Escape from the ordinary and immerse yourself in our expertly guided fitness programs and enriching workshops, set in breathtaking, luxurious environments where you'll be taken on a journey that nurtures your body, mind, and spirit.



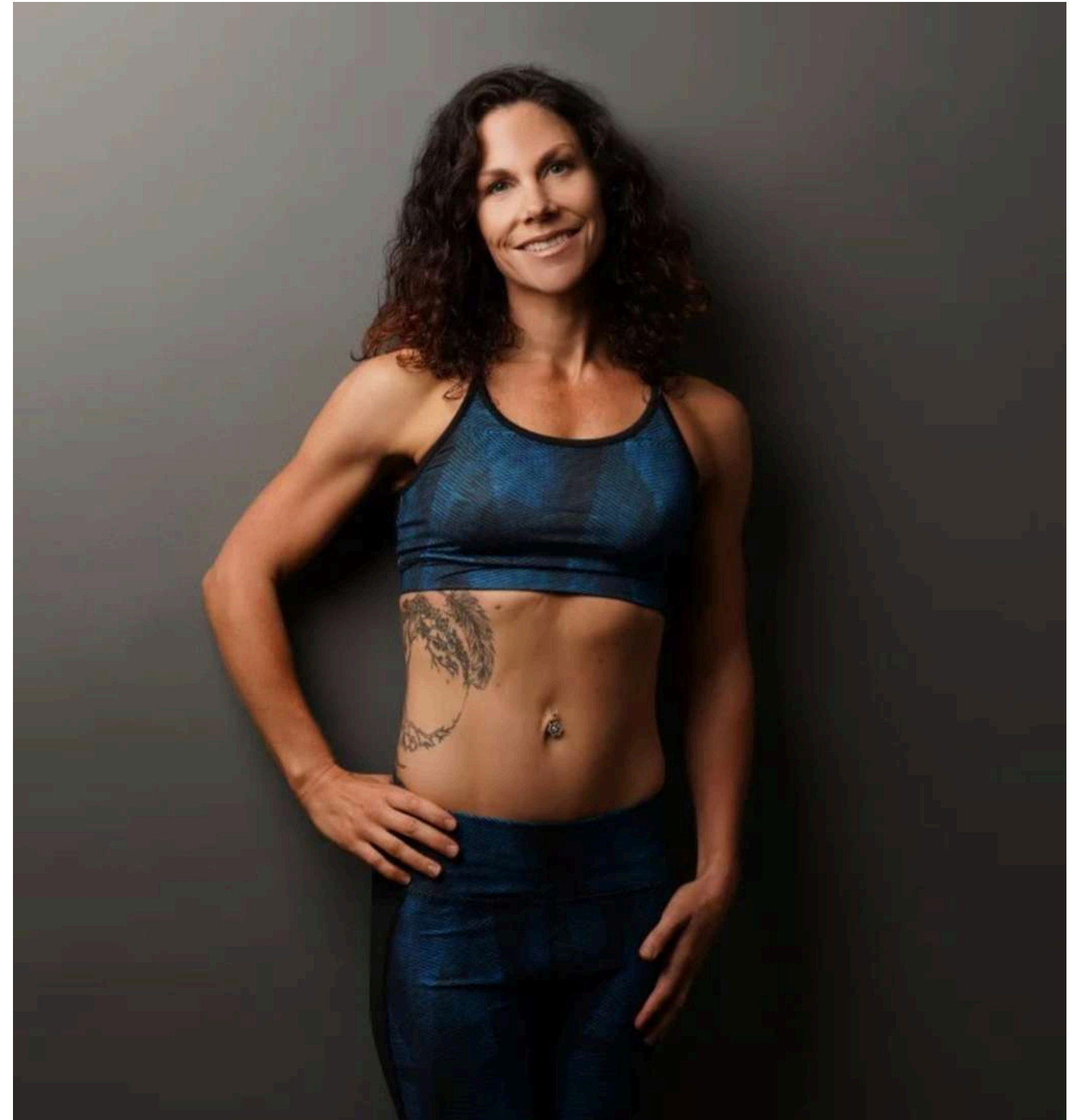


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# OUR FOUNDER

Our Founder, Claire Johnson, known as The Naked Warrior, with a passion for holistic wellness and personal transformation, integrates mind, body, and spirit into luxurious retreats that inspire deep change.

Claire's approach blends fitness, mindfulness, and holistic health principles, allowing participants a unique and immersive experience. Under her leadership, Selfscape Retreats is where individuals reconnect, rejuvenate, and emerge empowered, embodying the true essence of wellness.





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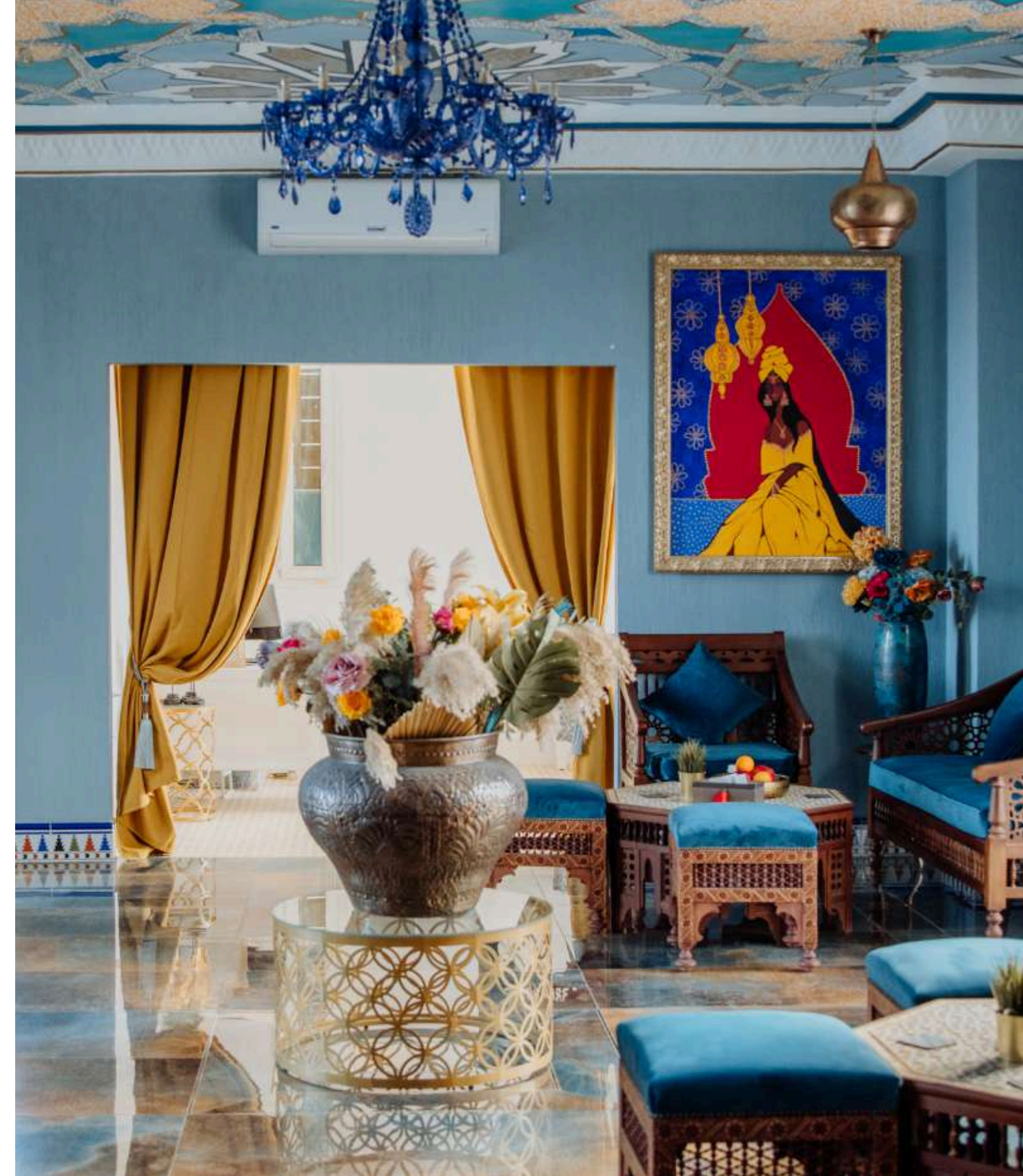
# PURE GOLD

Immerse yourself in the perfect blend of luxury, adventure, and personal transformation with Selfscape Retreats' exclusive 4-day retreat in Dahab, Egypt.

Held at the stunning brand new Nour Boutique Hotel (opened September 2024) this retreat offers an unparalleled experience where every detail is curated to provide the ultimate escape

From the moment you arrive at Nour you'll be transported to a sanctuary of elegance and tranquility. Imagine stepping into a beautifully designed Riad-style hotel, where the soothing sounds of the Red Sea meet the golden hues of the desert.

As you settle into your superior or deluxe room, you'll be surrounded by the highest standards of luxury, comfort, and style. The warm, inviting atmosphere of the hotel, combined with the stunning natural beauty of Dahab, creates the perfect environment for a transformative retreat experience.





In a world that constantly demands more, finding balance often feels like an impossible task.

Our 4-day luxury retreat is crafted for those who refuse to settle for exhaustion - designed to offer deep renewal, it combines personal growth with the finest elements of relaxation and adventure.

If you're someone who often feels overwhelmed by the demands of life, struggles to find time for self-care, or desires a break from the constant pressure.

This retreat is more than an escape - it's your chance to realign your life, reignite your passions, and rediscover the power of your purpose

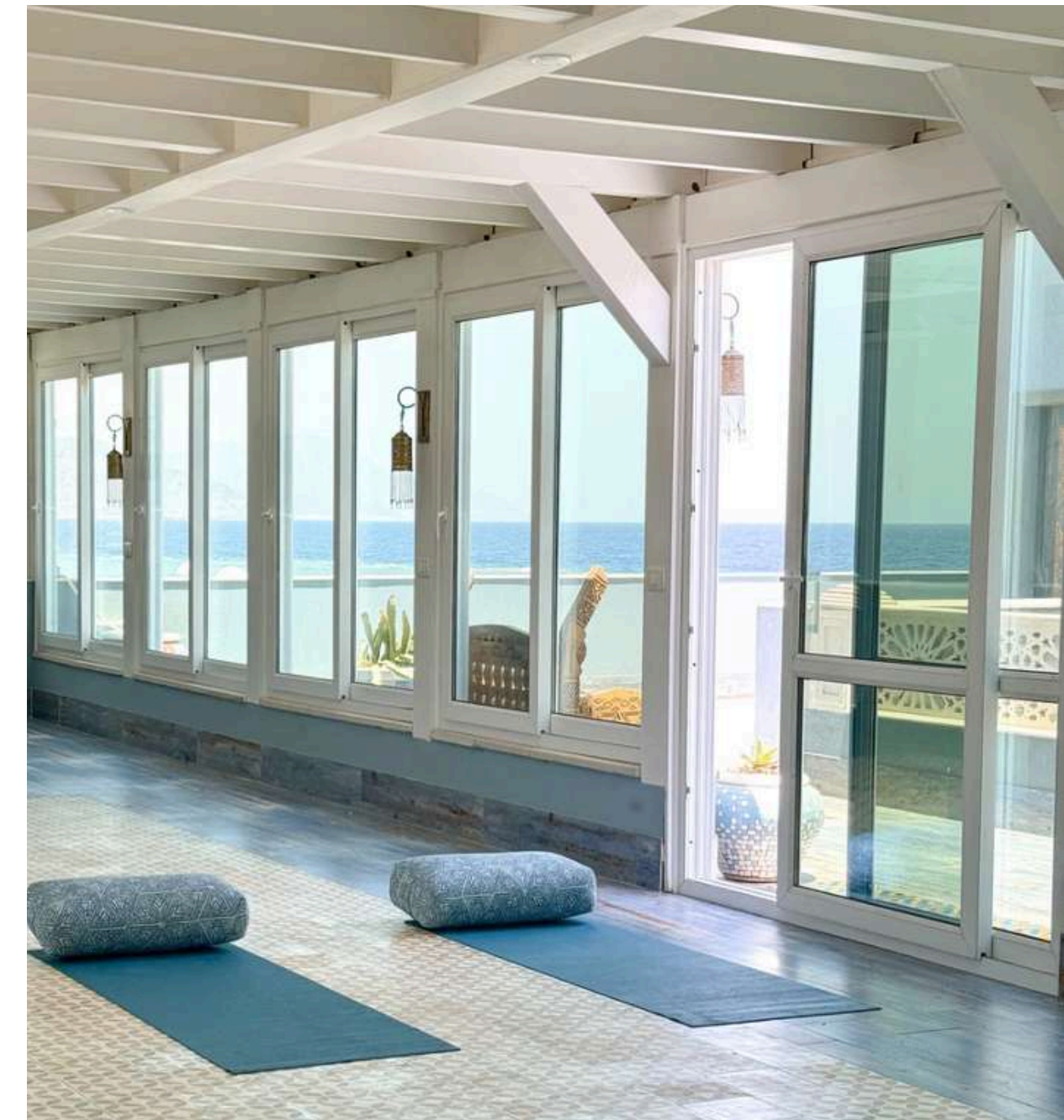
Our expertly curated program is designed to help you regain clarity, boost your self-confidence, and find a renewed sense of purpose, all while indulging in the luxurious surroundings of Nour Boutique Hotel.

It's not just about stepping away from the demands of daily life - it's about rediscovering who you are when all the distractions fall away.

# PURPOSE



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# INSPIRATION



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Feel the soft warmth of the sun on your skin, hear the gentle waves of the Red Sea lapping the shore, and breathe in the crisp desert air as you embark on a series of transformative experiences that empower you physically, mentally, and spiritually.

Each day at Selfscape is designed to push you beyond the ordinary, helping you find profound inspiration among like-minded individuals in a setting that nourishes your soul.

Feel the sense of empowerment as you step outside your comfort zone, embracing new challenges in an environment designed to inspire growth. The retreat fosters genuine connections with like-minded individuals, creating a shared journey of transformation that will resonate long after you've returned home.

You'll leave feeling physically rejuvenated, mentally refreshed, and spiritually inspired - ready to take on the world with renewed energy and clarity. This retreat is more than just an escape from the daily grind; it's a complete reset for your mind, body, and soul, offering a life-changing experience that goes beyond the ordinary.

# EXCLUSIVE | selfscape retreats

From the moment you arrive, every detail is expertly curated to support your transformation. Luxurious accommodations, gourmet meals, and immersive wellness workshops—all designed with your well-being in mind. Simply arrive, unwind, and let us guide you through a transformative journey like no other.

Whether you're meditating at sunrise, enjoying gourmet meals inspired by the rich flavors of Dahab, or participating in transformative workshops, every element of the retreat is thoughtfully designed to enhance your well-being. You won't have to worry about a thing—simply focus on unwinding, exploring, and embracing the extraordinary.

This retreat offers the perfect balance of relaxation and activity, ensuring that you return home not only feeling revitalised but with practical tools and insights to continue your wellness journey. Our package includes all workshops, meals, accommodations, and optional activities like paddleboarding or scuba diving, so you can fully immerse yourself in this experience without any distractions.





# ITINEARY



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At the heart of this retreat is a carefully curated four-day itinerary designed to nourish your mind, body, and soul. Each day at Selfscape Retreats is thoughtfully structured to help you pause, reset, and recreate your best self, while still offering plenty of time to relax and enjoy the stunning surroundings of Dahab.

## **Day 1: Arrival and Welcome**

Arrive at Nour Boutique Hotel, where you'll be greeted with refreshing meze plates and juices. Settle into your luxurious room and meet your fellow guests, setting the tone for connection and transformation.

## **Day 2: Wellness Foundations**

Start the day with morning yoga or a beach walk, followed by a nourishing breakfast. In our first workshop, you'll explore the Five Pillars of Ultimate Wellness, identifying personal blocks and setting intentions.

After lunch, delve into meditation practices and enjoy free time to relax or explore. The day concludes with dinner and an evening reflection circle.



# ITINEARY



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## **Day 3: Elevate Your Mindset and Vitality**

Start your day with a yoga session, beach walk, or the chance to 'Train with Tiny' in an energizing gym workout. The focus today is on cultivating a positive mindset. Through engaging workshops, you'll explore gratitude practices and the power of self-talk in shaping your reality.

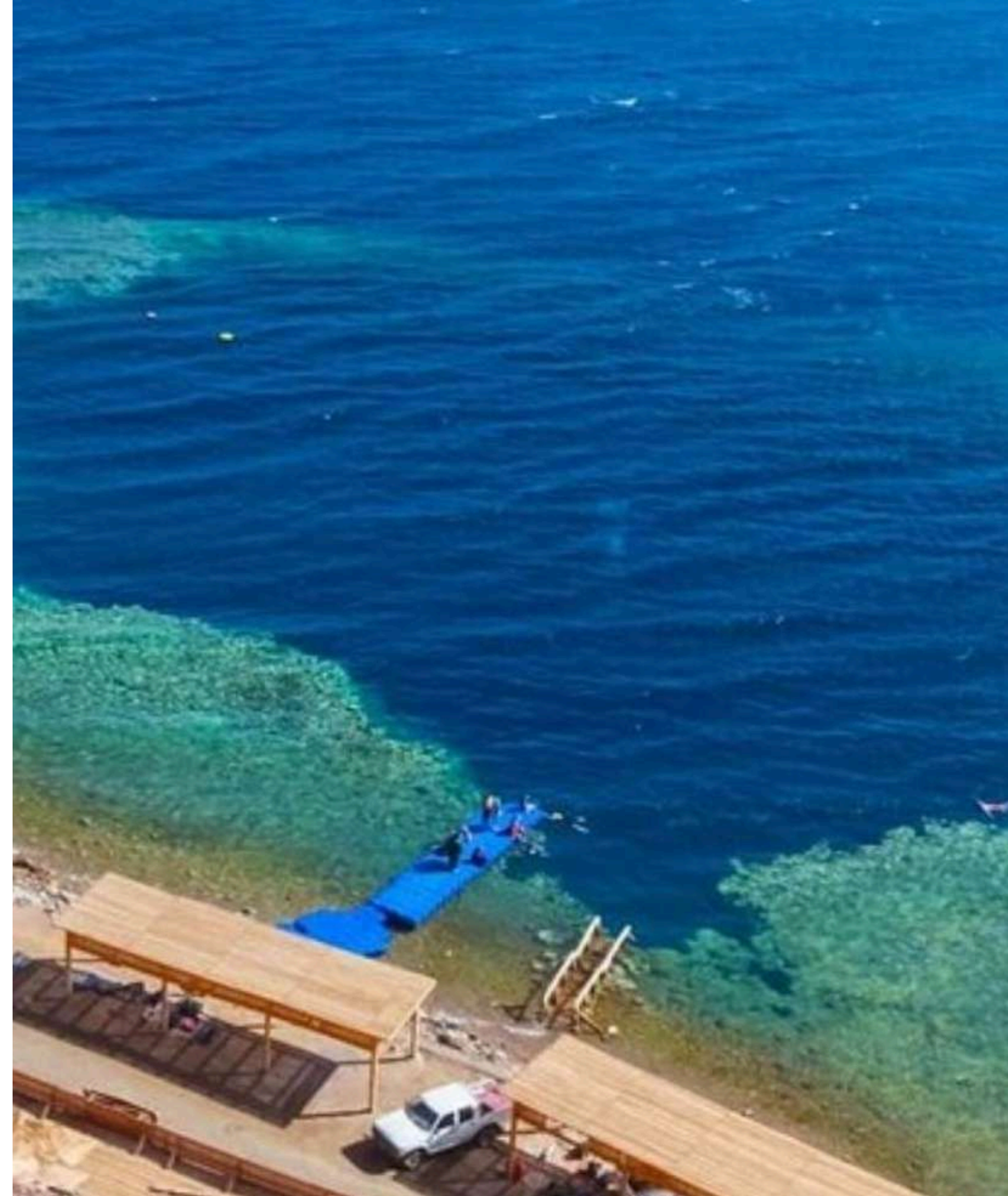
Experience a hands-on superfood workshop where you'll learn to create health-boosting juices and smoothies using local ingredients. The evening offers a unique opportunity for a special meal by the canyon or lagoon - allowing you to fully immerse yourself in Dahab's breathtaking beauty.

## **Day 4: Deepening Connection and Purpose**

The final day begins with sunrise meditation by the sea, followed by a dynamic Budokon movement session designed to harmonize your body and mind. The day's workshops focus on finding clarity and purpose, helping you align with your core values and guiding you toward a more fulfilled life.

## **Day 5: Reflection & Departure**

End the retreat with a group debrief and reflection session, where you'll outline actionable next steps to bring the lessons and insights back into your everyday life. A final lunch and Q&A session offer the chance to ask anything, ensuring you leave fully equipped to continue your wellness journey.



# NOUR



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Nour Boutique Hotel is more than just a place to rest - it's a sanctuary designed to reflect your personal journey of transformation, where every detail whispers luxury and serenity

Nestled on the serene shores of the Red Sea, this exclusive Riad-style hotel offers a harmonious blend of luxury and tranquility, creating an atmosphere that invites you to fully unwind and reconnect with yourself. Every corner of Nour is designed to evoke a sense of peace, from the elegant architecture to the calming views of the sea and desert.

The tranquil environment, combined with world-class amenities, provides the perfect backdrop for the introspective and rejuvenating activities that will shape your retreat experience. Whether you're taking in the early morning sunrise during meditation, deepening your self-awareness in a workshop, or savoring the flavors of locally sourced cuisine, every detail at Nour is crafted to enhance your personal transformation.

Here, the stresses of daily life fade away as you immerse yourself in a sanctuary where luxury meets purpose. From the thoughtfully designed spaces to the personalised care of the staff, every moment at Nour supports your wellness journey - allowing you to emerge not only refreshed, but empowered and inspired





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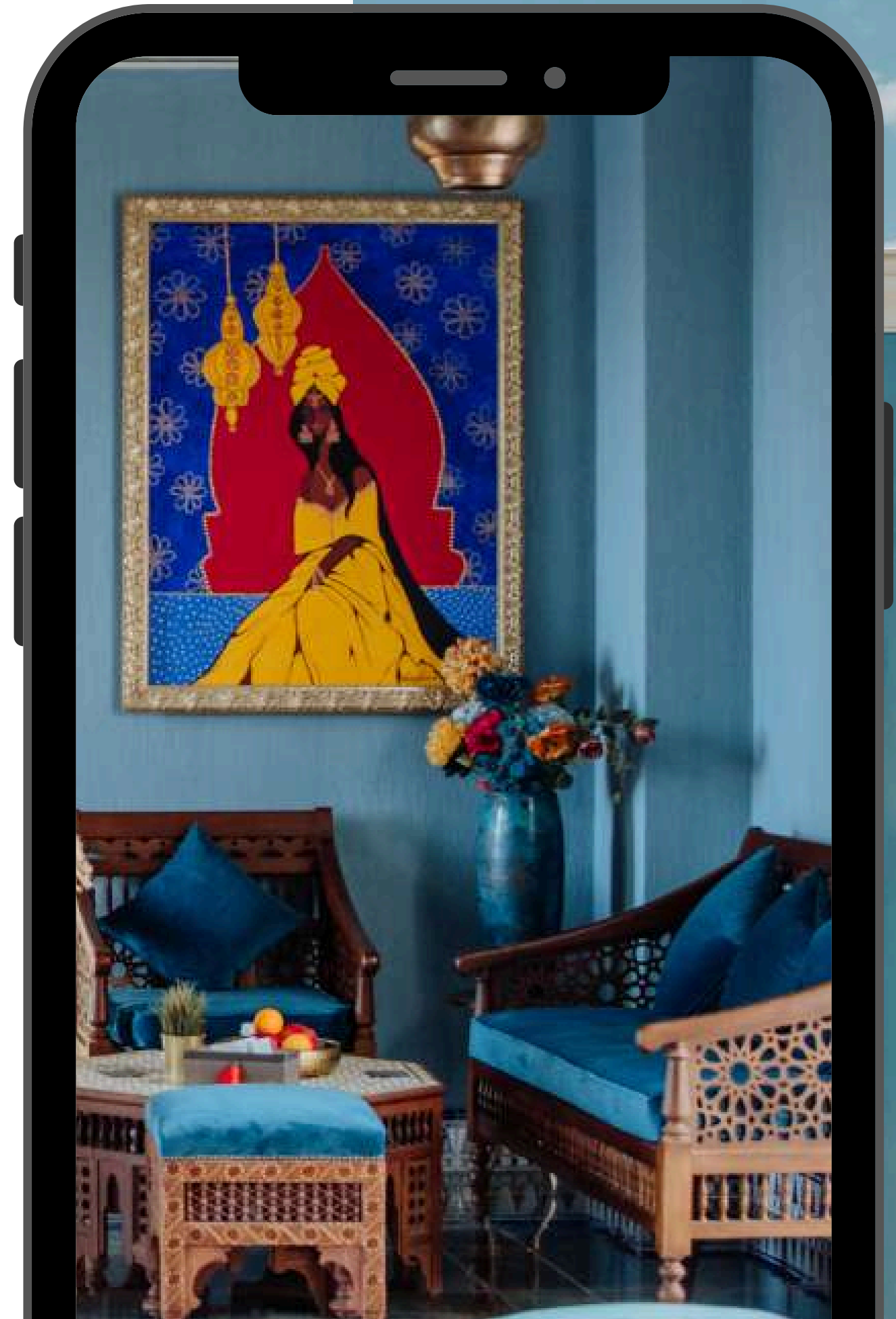
# VISIT OUR SOCIAL MEDIA

Stay connected with us on social media to discover more about our upcoming workshops and retreats. Follow us for the latest updates, wellness tips, and exclusive behind-the-scenes insights.

Join our community and be the first to be notified about exclusive offers and information about our upcoming transformative experiences designed to help you reconnect, rejuvenate, and thrive,

Follow us on these social media platforms where we hangout the most: Instagram, Facebook, and Pinterest @SelfscapeRetreats.

Your journey to wellness and inner transformation continues here!





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## CONTACT US

Spaces are extremely limited, ensuring a personalised and intimate experience for every guest. With only a handful of spaces available, don't wait - secure your spot today and start your journey toward a life-changing retreat that will leave you revitalised, empowered, and ready to take on the world

Our team is just a message away to guide you on this extraordinary journey.

Let us help you create a day of wellness and rejuvenation that will leave you feeling renewed and empowered. Reach out to us today and embark on a journey that's all about you.

Your path to balance, clarity, and inner peace starts here.

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