



# PURE INDULGENCE



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





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# ABOUT US

Experience the ultimate escape with Selfscape Retreats, where luxury meets holistic wellness. Our mission is to transform your internal landscape through unique empowering experiences that build physical strength, mental clarity, and 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.





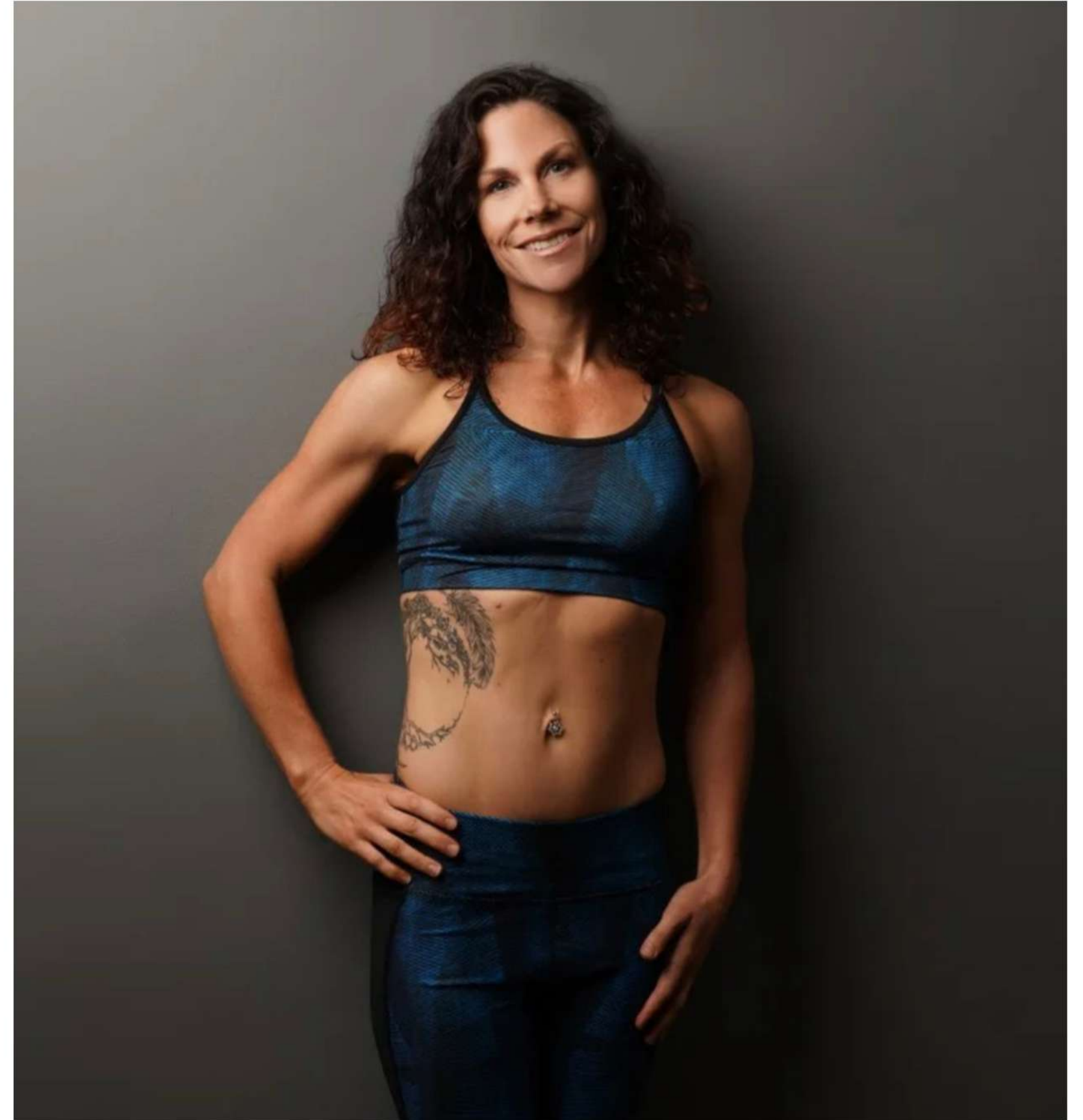


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# OUR FOUNDER

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 INDULGENCE

Imagine stepping into a world where the hustle and bustle of daily life fades away, replaced by a serene oasis of tranquility and luxury. Welcome to “Pure Indulgence” our exclusive one-day workshop at the breathtaking Glass House Retreat, nestled in the heart of the Essex countryside. Here, the lush landscapes and fresh country air create the perfect backdrop for a day dedicated entirely to you.

As you arrive, you're greeted by the sight of beautifully landscaped gardens, inviting you to take a deep breath and leave your worries behind. Inside, the state-of-the-art facility awaits, where every detail has been thoughtfully designed to nurture your body, mind, and spirit. From the warm welcome of our expert team to the luxurious amenities, you'll feel an immediate sense of peace and comfort.







# INDULGE

Your day begins with a gentle yoga style slow flow stretching session that awakens your senses and energises your body.

Our enriching workshops invite you to dive deeper into your personal goals, offering insights and tools to help you reconnect with your purpose and passions.

Throughout the day, you'll indulge in delicious, nourishing meals that not only satisfy your taste buds but also fuel your journey of self-discovery. As you explore the serene surroundings, you'll find quiet moments to reflect and absorb the day's teachings.



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# ESCAPE



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Our promise is to provide a sanctuary where you can escape the pressures of daily life, reduce stress, and gain clarity on your personal and professional goals.

At Selfscape Retreats, we understand the unique challenges you face daily and our carefully curated program is designed to give you the tools to stop and reset whilst allowing you to focus on improving all areas of your physical and mental wellness.

You will be taught to manage stress, build physical strength, and boost self-confidence, all within the luxurious setting of Glass House Retreat.





# YOU?

This one-day workshop is perfect those who are seeking balance, rejuvenation, and personal growth in a busy world.

Whether you're a high-powered executive, a busy entrepreneur, or a dedicated parent balancing multiple responsibilities, this retreat is designed to help you thrive both personally and professionally.

If you often find yourself overwhelmed by the demands of life and struggling to maintain a consistent wellness routine, or feeling disconnected from your personal goals, this exclusive retreat offers the perfect opportunity to escape, recharge, and reconnect with your true potential.



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# STAY @ GLASS HOUSE



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If you would like to stay a night or two before or after or workshop, please get in touch with us as we can offer you preferential rates exclusive to Selfscape Retreats. You are also able to book in for a full range of treatments and activities during your entire stay.





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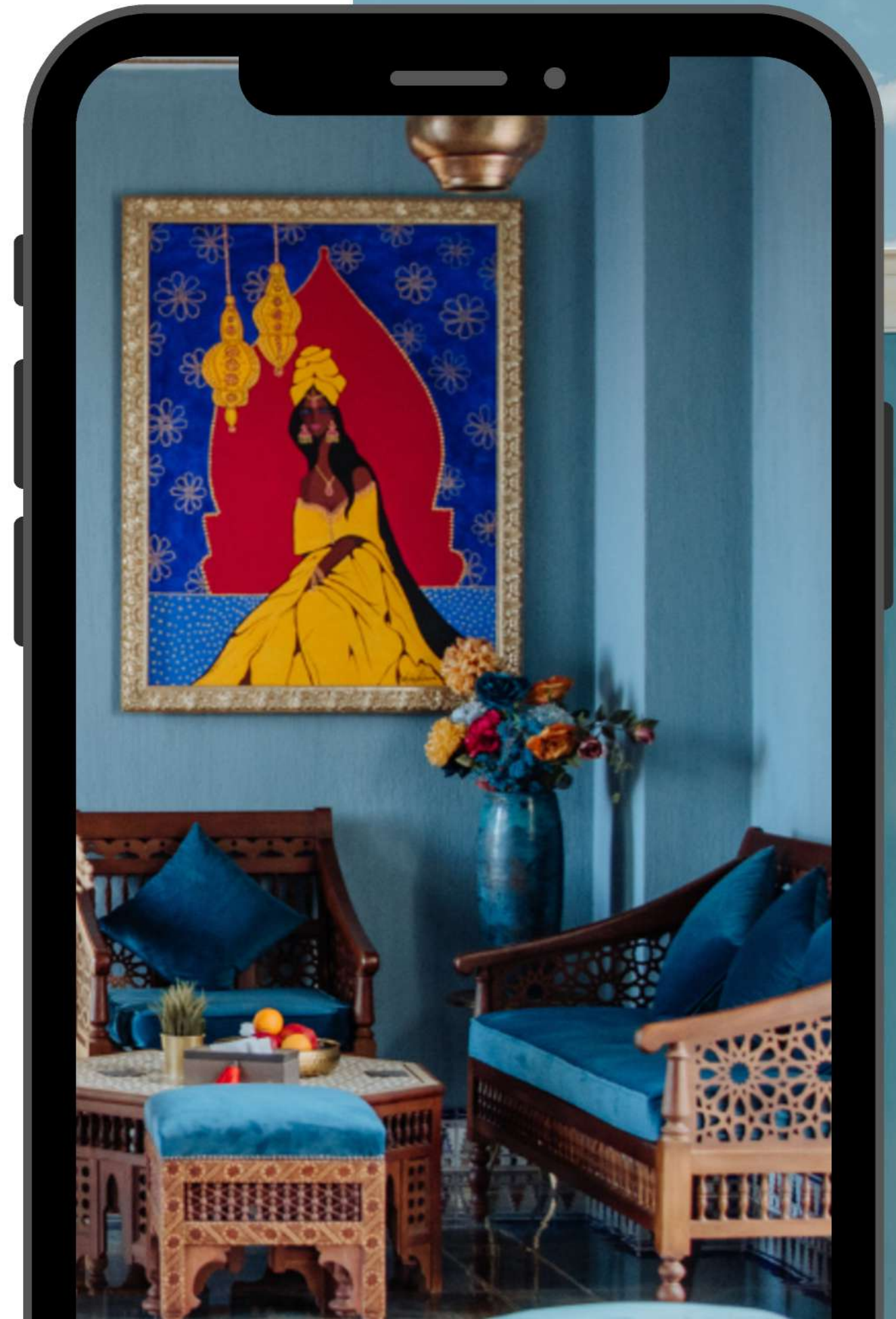
# VISIT OUR SOCIAL MEDIA

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.

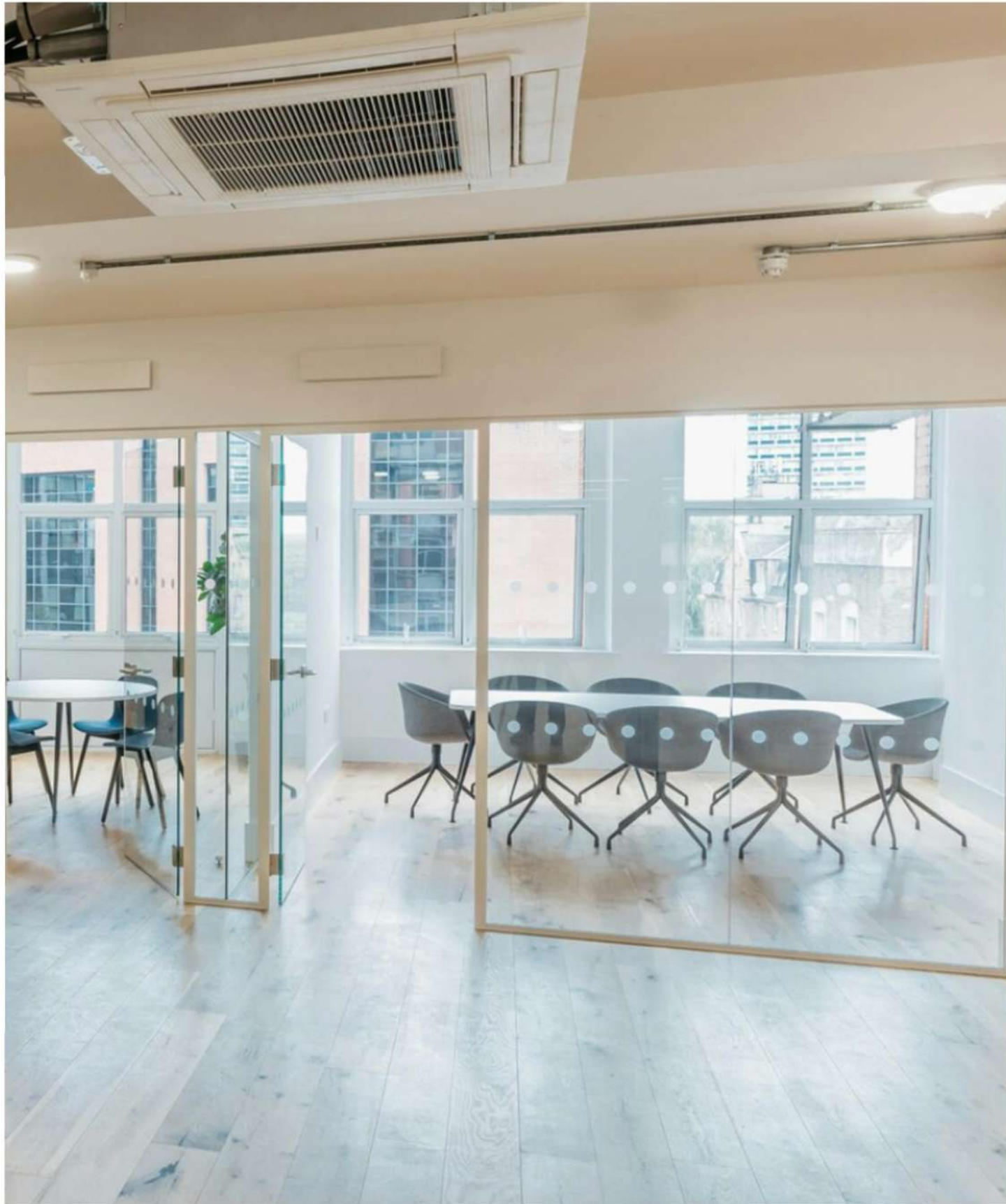
Your journey to wellness and inner transformation continues here!







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## CONTACT US

If you're ready to take the first step towards a transformative experience, we're here to guide you every step of the way. Whether you have questions, need more information, or are ready to secure your spot, our team is just a message away.

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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