



WELLBEING RETREATS AT HENLEY HALL



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Jubenescence
Living with Intention

Hello!

Thank you for your interest in the Jubenescence (Living with Intention) Wellbeing Retreats, held at Henley Hall in Shropshire.

This truly unique, transformational Retreat is designed to inspire you to live life with greater intention – a time to recalibrate, rethink and reconsider the possibilities for your life. Our group Wellbeing Retreat nourishes the body, mind and spirit; where you will gain renewed vitality and personal growth insights through a series of activities and workshops. Held at the prestigious Henley Hall, in the beautiful Shropshire countryside, you will experience a health and wellbeing reboot and will take home a fresh mindset for living a life of vitality, greater wellbeing and fulfilment.



"What a fantastic few days at the beautiful house and grounds of Henley Hall. The trainers were brilliant and the food healthy and delicious! I have come away feeling motivated and inspired in more ways than one." [Vanessa, Surrey]





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The 4 Day Retreat Includes

- 4 nights accommodation at the beautiful Henley Hall, Shropshire, where you can enjoy the great outdoors and connect with nature:
- Delicious, healthy and balanced meals freshly prepared by our resident chef who focusses on food that is local and in season:
- A daily exercise programme of moving and stretching to re-energise the body and mind, with our yoga and exercise experts
- Workshop participation and one to one coaching sessions, where you will explore and develop your personal levels of resilience to challenge and ambiguity
- Educational and practical workshops which explore the role of nutrition in our day-to-day health and wellbeing
- Time for relaxation and socialising, sharing experiences and learning from one another.





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What can I expect when I attend this retreat?



Your Retreat experience will centre around a programme of exercise (tailored to your own level of ability), workshops and coaching, and delicious, nutritious food.

You are guided and supported by our experienced and certified team of coaches (and have the option to book one-on-one sessions too).

As a wellbeing retreat, there is also plenty of time to relax, socialise and revitalise in and around the stunning house and grounds of Henley Hall.

Henley Hall is a luxurious venue in a unique location that affords us great opportunities to work in a prestigious, yet cosy environment, connect with nature and enjoy the great outdoors. If you want to see more, do check out their website: www.henleyhallludlow.com.





The Exercise Programme

Our physical activity programme is structured to challenge but not defeat you - we are not a boot camp! Our aim is to introduce exercise and its incredible benefits to those who perhaps have not been as active as they would like, but also to provide sufficient challenge to those for whom exercise is perhaps more a regular part of life. You can work at your own level of ability and you will compete with no one but yourself.

We will also teach you new and interesting exercises, good technique and, for those of you that want it, we will create a personal workout plan that you can continue when you get home.





The Coaching Workshops

Life is not easy and we all experience challenge and ambiguity at times. Most of us have developed techniques that help us through these tough times. But that's more a case of survive rather than thrive. During our retreat you will participate in a 3-hour workshop that is designed to allow you to more deeply understand how by intentionally managing our approach to challenge we can alter our resilience levels, improve our mental wellbeing and thrive in situations where previously you may have struggled. Prior to commencing the retreat, you will complete a personal resilience profile which, alongside your new knowledge, will be discussed during your personal one to one coaching session with one of our lead facilitators.

Your coaching sessions are personal, private, and confidential. They are all about you and your needs drive the discussion. You will have a short introductory discussion before we get into the main sessions of the retreat. This is where we discuss the programme, what we expect from you, what you can expect from us. We will ask you what you hope to achieve whilst you are with us and how you will know if you have achieved it.

You will also have a 45–60-minute personal coaching session later in the week. Here, we will delve more deeply into your resilience profile, your physical needs and plans. It's also an opportunity to answer any questions you may have about other parts of our programme.

Our aim is that when you leave us later in the week you will return home with new knowledge and with a positive set of actions that you can implement immediately.





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Your Coaches

All your trainers are highly qualified in their fields and not only have many years of experience behind them but have a real passion for people and helping others become the best version of themselves.

Matt



Matt is a fully qualified coach, personal trainer and nutritional advisor. He understands the impact that a hectic life can have on the individual and the importance of good health and wellbeing has never been more important. Matt works with individual and corporate clients where he uses his experience to take an holistic approach to fitness and wellbeing.

Rachel



Sport and fitness has always been a big part of Rachel's life and one of the main reasons she pursued it as a career, with a degree in Sports Therapy, a Personal Training qualification and masters in Strength and Conditioning.

Many of our qualifications, and insurances are listed on this leaflet. If you want to know more, please do ask. We also adhere to the European Mentoring & Coaching Council Guidelines.





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Food and nutrition

We have our own resident chef who will prepare all meals. This includes, breakfast, lunch and an evening meal. We do our very best to cater for all dietary preferences and will ask you to complete a dietary preference form prior to your arrival with us. All meals are nutritionally balanced, and you can choose how much you wish to eat on a daily basis. We won't be watching your weight, though if you do want to use your week to kickstart a programme of weight loss, tell us during your first coaching consultation and we can advise you on the best course of action.

You will also experience a short seminar on the importance of food on wellbeing, what constitutes good nutrition and what we believe is a sensible approach to eating. It's a huge and diverse topic, with lots of specialist areas. We aim to provide sensible practical advice, fit for all, though we do know where to point you for more detail in specific areas if you want it. Just let us know.

There is no better test than a practical exercise, so we ask you to try some of this for yourself. You will create your own lunch for our long walk. We will discuss your choices en-route!!





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The Accommodation



Henley Hall offers a range of exceptionally well-appointed accommodation options in the recently converted Stables, The Orangery, The Gardener's Cottage or indeed in the Hall itself. You can opt for your own bedroom and bathroom. The Hall dates from 1650 and so please note the bathrooms are adjacent to the bedrooms but not en-suite. If you are planning to come with a partner or friend, the bedrooms can be shared. Living room space and kitchens are available in the properties (for that all important brew!)

Please take a look at the accommodation options on our website, www.henleyhallludlow.com/holidayproperties.





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Relaxation time

Probably one of the most overlooked essentials of any structured retreat like ours is the need for relaxation, time to reflect and think, as well as the all-important social aspect. We have built into our agenda, blocks of time where you will be able to take time for yourself. You will be assimilating new knowledge and skills during your time with us. We know that to make sense of it all it is important to rest and reflect.





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Prices and Booking

This retreat should be viewed, not only as a time well-spent away from home, but also an investment in the rest of your life! You will leave feeling better equipped to take on life's challenges, with a fresh mindset for living a life of renewed vitality, and of course having made new friends.

2021 Prices start from

- **£1,440 (inc. VAT) for single person, own bathroom**
- **£1,370 (inc. VAT) for a couple sharing a room and bathroom**

(Prices include 4 nights accommodation, all meals, exercise and coaching sessions)

To Schedule a Discovery Call or Book Today

Please visit our website: www.jubenescence.co.uk





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Ludlow

Time is also built into the programme to enjoy a guided walk through the rolling Shropshire Hills or visit Ludlow, renowned for its local beautiful buildings, castle and gourmet delights.





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A Beautiful Venue in a Magical Location!

Henley Hall, Henley, Ludlow, Shropshire, SY8 3HD. www.henleyhallludlow.com. 01584 875 328