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COACH COLLESSO, OLD SCHOOL, CAWDOR, IV12 5BL

CAWDOR WELLNESS RETREATS

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A relaxed, flexible retreat experience combining movement, mindfulness and meditation, light refreshments and a time to pause, reconnect and enjoy the cosy surroundings of Cawdor. Designed for businesses, small groups, groups travelling to the Highlands and activity leaders who want to offer their teams or clients something different, restorative and enjoyable.

Cawdor Wellness Retreats fits naturally with Coach Collesso's existing movement offering & will be held in the Old School, Cawdor, IV12 5BL.

The customer journey

STEP 1

Step 1: Choose a movement session

Gentle and accessible options

- Light toning
- Mobility and stretching
- Low-impact fitness
- Seated or adapted movement, where appropriate

Fun and energetic options

- Beginners' dance
- Mixed styles dance fitness
- Musical theatre dance
- Pop choreography
- Step aerobics, depending on the group and space
- A fun "learn a routine" session

More distinctive options

- Aerial taster session, if suitable for the group
- Themed dance masterclass (Musicals, Abba, Spice Girls etc...)
- Body confidence movement
- "Train like a pop star" style session inspired by Pop Academy
- A playful team choreography challenge

STEP 2

Step 2: Choose a meditation or wellbeing class

Meditation options

- Guided meditation
- Relaxation and visualisation
- Breath work for calm and focus
- Mindfulness for beginners
- Gratitude and grounding session
- Cacao Ceremony

Sound-based options

- Sound bath
- Singing bowls
- Gentle sound meditation
- Restorative sound and relaxation session

STEP 3

Step 3: Add refreshments

Tea, coffee and light refreshments can be available on arrival or during a dedicated break.

Possible inclusions:

- Tea and coffee
- Herbal teas
- Water
- Fruit
- Biscuits or traybakes
- Pastries
- Light savoury snacks
- Healthy snacks
- Dietary options agreed in advance

**We cannot promise a full meal however lunch/dinner could be an optional add-on through a local caterer/café, The Cawdor Tavern or The Cawdor Corner.*

EXAMPLE RETREAT DAY SCHEDULE

Half-day option - *This is a good option for businesses that cannot give up a full working day.*

9.30am

Arrival, welcome tea and coffee

10.00am

Chosen movement session

11.00am

Refreshment break

11.30am

Chosen meditation or sound session

12.30pm

Closing reflection and relaxed departure

Full-day option

9.30am

Arrival, tea, coffee and light refreshments

10.00am

Welcome and introduction

10.15am

Chosen movement session

11.15am

Refreshment break

11.45am

Chosen meditation or mindfulness session

12.45pm

Relaxed group time or optional lunch break

1.45pm

Second gentle movement, stretching or relaxation session

2.30pm

Tea, coffee and refreshments

3.00pm

Second meditation, sound bath or guided relaxation

4.00pm

Closing reflection

4.15pm

Finish

The full-day option is flexible, with the organiser choosing either:

- One movement session and one meditation session, with plenty of relaxed time
- Two shorter movement sessions and one meditation session
- One movement session, one meditation session and an optional local activity

PACKAGES

The Reset Session - *A short wellbeing experience for teams with limited time.*

Includes:

- Welcome tea or coffee
- One movement session
- One guided meditation
- Light refreshments

Best for:

- Workplace wellbeing
- Small teams
- A morning or afternoon away from the office

The Cawdor Recharge - *The main half-day retreat package.*

Includes:

- Arrival refreshments
- Choice of movement session
- Choice of meditation or sound experience
- Light refreshments
- Time to relax and reconnect

Best for:

- Small businesses
- Team wellbeing days
- Activity leaders

The Highland Escape - *A fuller, more immersive retreat day.*

Includes:

- Arrival tea, coffee and refreshments
- Chosen movement session
- Chosen meditation or sound session
- Longer relaxation break
- Optional second gentle session
- Optional lunch or local activity add-on

Best for:

- Groups travelling to the Highlands

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- Leadership teams
- Special group occasions
- Groups wanting a complete day away from their usual routine