



Pathways Retreats & Getaways at Champernhayes

Personal transformation |
Relaxation | Skill Development

Discover your Pathway to Renewal

Retreats and getaways crafted to inspire, transform, and connect

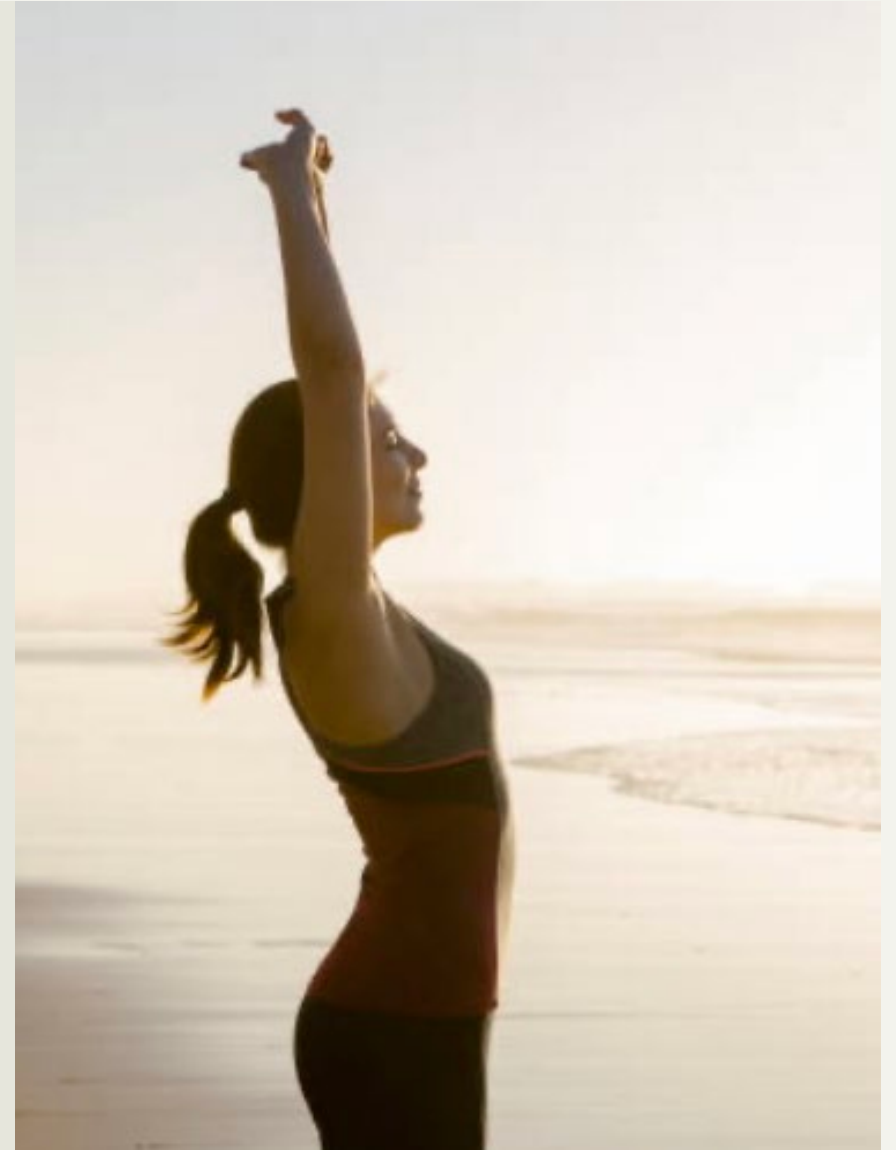
Whether you're seeking a fresh start, a quiet space to create, or an immersive weekend of learning and self-discovery, Pathways Retreats & Getaways offers a sanctuary for all.

At Pathways Retreats & Getaways, we believe every life journey deserves a meaningful pause.

Our retreats, hosted in serene, countryside settings, blend comfort, community, and curated experiences to help you embrace life's transitions and pursue your passions. With only ten guests per event, you can be assured of a supportive community during your stay with us.

Set in the breathtaking Dorset countryside near the coast, Pathways Retreats offers the perfect blend of a peaceful getaway and a chance to explore something new—whether that's a fresh perspective on life, a creative passion, or a skill that enriches your well-being.

With stunning coastal and countryside walks nearby, chef-prepared meals of locally sourced produce and inspiring workshops led by expert facilitators, Pathways retreats is more than just a holiday. It's a chance to relax, reflect and return home feeling renewed and inspired.



Retreat Highlights...

*Escape to Dorset
Discover something new...
...leave feeling transformed*

❖ Relax and Replenish

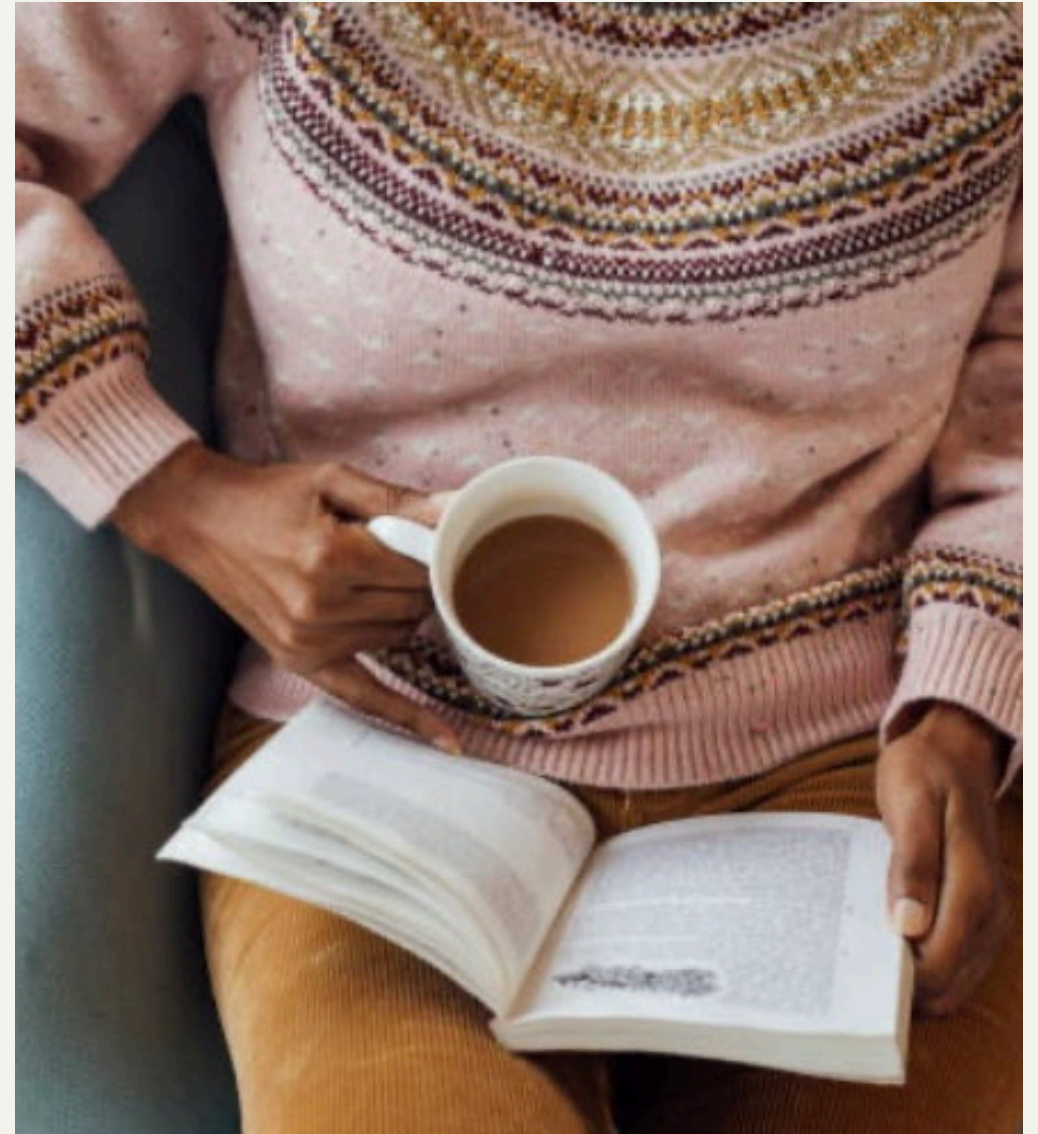
Unwind with wellness practices, nourishing food and a gentle connection with nature.

❖ Learn and Explore

Discover new skills, from herbalism and foraging to creative arts and personal development.

❖ Crossroads and New Beginnings

If you're facing a new chapter in your life, such as post-divorce or retirement, find clarity and direction in a supportive space with the option for ongoing coaching.



Your next chapter starts here...

Our Retreats have been created for those at life's crossroads - whether navigating major transitions like divorce or retirement, seeking inspiration, or simply needing a break to refresh and refocus.

❖ Restart, Refresh, Refocus

Step back from the noise, reset your mindset, and gain a clear path forward.

❖ Wellness Retreat: Nourish

Replenish your body and mind with holistic therapies, movement, and exceptional locally sourced food

❖ The Natural World: Herbalist & Foraging Retreat

Learn from local experts about the power of plants, sustainable foraging, and nature's healing properties.

❖ Crossroads Retreat

Whether facing a new chapter after divorce, retirement, or another major shift, gain the tools to redefine your identity and future.



Why Choose Pathways?...

❖ Thoughtful Comfort

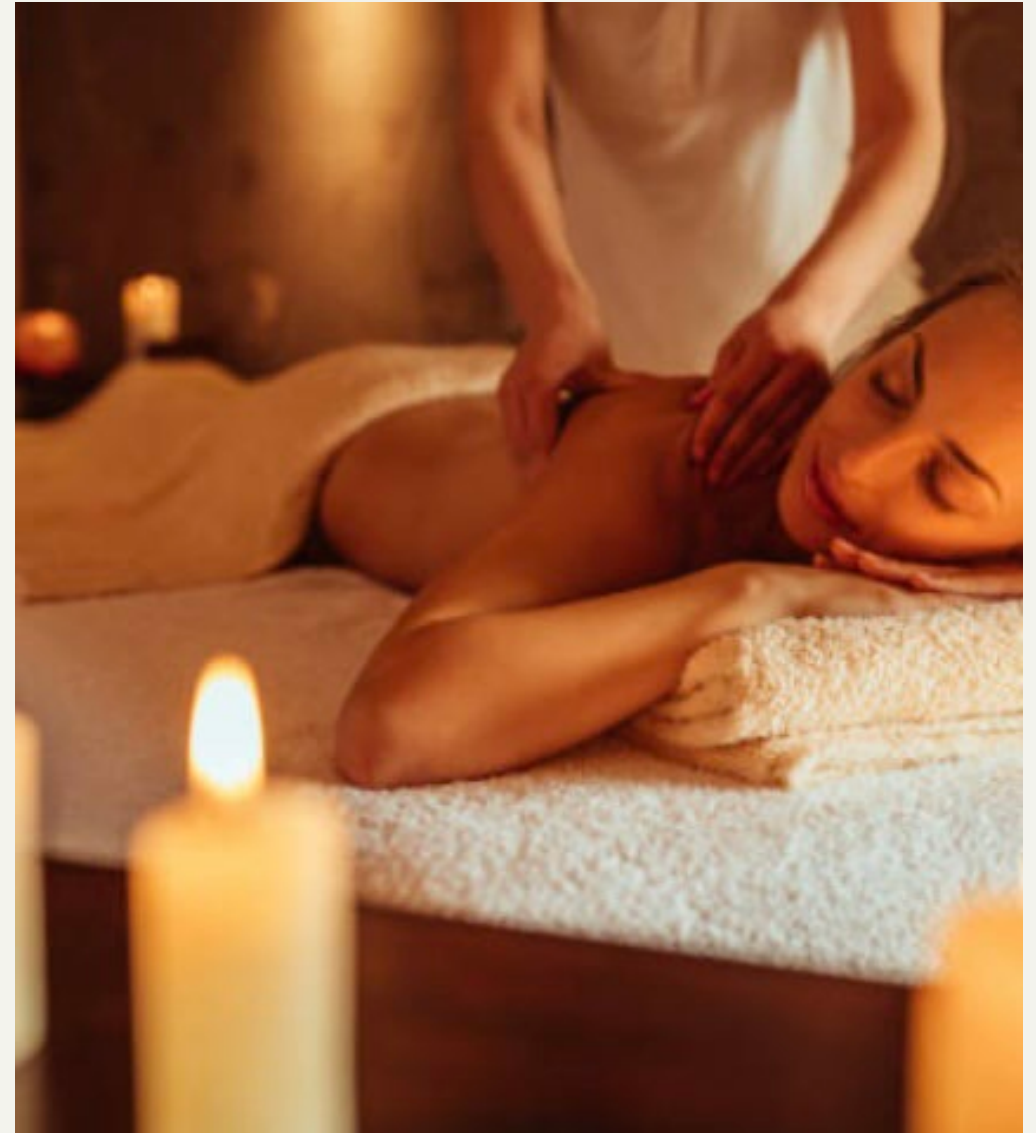
Relax in beautifully restored cottage, combining rustic charm with modern luxury.

❖ All-Inclusive Care

From nourishing meals to tailored activities, everything is designed to support your journey.

❖ Small Groups

With a maximum of ten participants per retreat, our experiences are intimate and highly personalised.



Supporting Life's Transitions

We have designed courses and gathered experts who understand that life is full of transitions, challenges, and also opportunities for growth.

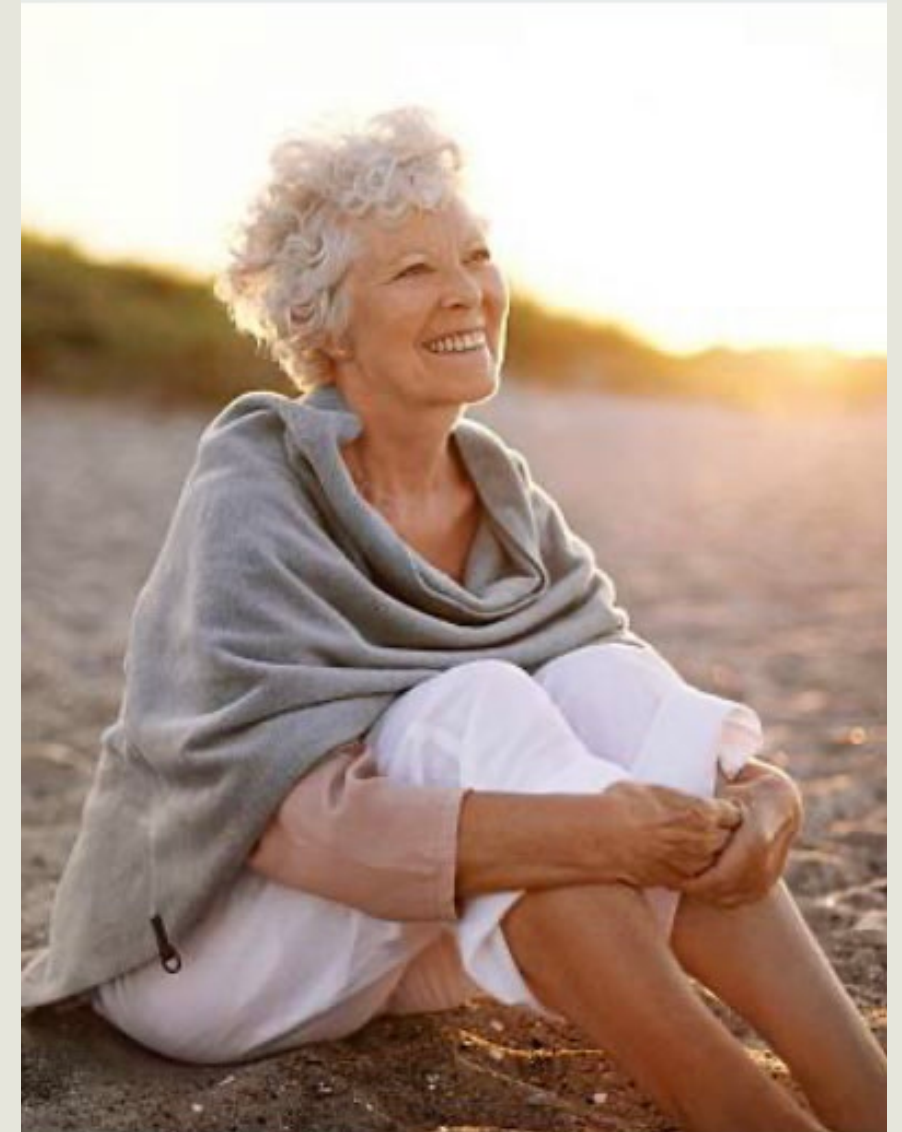
Whether you are navigating a personal crossroads, rebuilding after a major life event, or simply looking to reconnect with yourself and nature, our retreats are designed to provide the space, support, and inspiration you need.

Each of our retreat offerings has been thoughtfully developed in response to the real-life experiences of individuals seeking clarity, resilience, and renewal. Through expert guidance, a nurturing environment, and tranquil surroundings, we aim to empower our guests to embrace their next chapter with confidence and purpose.

Our focus is on practical tools, supportive connections, and a holistic approach to personal growth—all delivered in the breathtaking Dorset countryside, where peace and beauty naturally inspire transformation.

*"Pathways gave me the clarity and courage I needed to start fresh after my divorce. The community was supportive, and the sessions were eye-opening."
Jessica, London*

*"The writing retreat was a dream. I felt inspired by the people, the place, and the prompts that helped me connect with my creativity on a new level."
Peter, Bristol*



Wellness & Nourish Retreat

In today's fast-paced world, many people struggle to prioritize their health and well-being. This retreat was created for those seeking a complete reset, offering time to focus on nourishing both body and mind in a supportive and serene setting.

Features

- ❖ Interactive sessions on creating and sustaining healthy lifestyle habits.
- ❖ Herbalism workshops exploring the power of natural remedies.
- ❖ Guided countryside walks to connect with nature and recharge.
- ❖ Wholesome vegetarian meals designed to nourish and energize.
- ❖ Ample quiet time for rest and personal reflection.

Benefits

- ❖ Gain practical knowledge to support long-term wellness.
- ❖ Feel physically refreshed and mentally recharged.
- ❖ Reconnect with nature and rediscover balance.

Life's Crossroads Retreat

Life transitions—like retirement, menopause, career changes, or other major shifts—can leave us feeling uncertain about our identity and future. This retreat was designed to help individuals at these crossroads redefine their purpose and take actionable steps toward their next chapter.

Features

- ❖ Workshops to explore personal identity and set clear goals.
- ❖ Small group discussions to share experiences and insights.
- ❖ Expert coaching sessions tailored to individual needs.
- ❖ Opportunities for creative thinking and exploring new possibilities.
- ❖ A peaceful setting to encourage deep reflection and inspiration.

Benefits

- ❖ Develop a clear plan for the next phase of your life.
- ❖ Build confidence and resilience to embrace change.
- ❖ Connect with others on similar journeys for support and understanding.

Post-Divorce Reset Retreat

Divorce is one of life's most challenging transitions, often leaving individuals feeling lost or unsure of how to move forward. This retreat was created to help participants rebuild their confidence, rediscover their identity, and embrace the possibilities of a fresh start.

Features

- ❖ Focused coaching workshops to rebuild self-worth and envision a positive future.
- ❖ Group sessions to connect with others and share experiences in a safe space.
- ❖ Guided activities to explore new interests and rediscover personal passions.
- ❖ Time to reflect, relax, and find clarity in a beautiful, peaceful environment.

Benefits

- ❖ Feel supported and empowered to take the next steps in your life.
- ❖ Rebuild confidence and a sense of self-worth.
- ❖ Gain practical tools to navigate the emotional and logistical challenges of starting over.

Couples Connection Retreat

Modern life can often pull couples in different directions, leaving little time to nurture their relationship.

This retreat was created to give couples the space to reconnect, strengthen their bond, and develop deeper communication and understanding.

Features

- ❖ Relationship workshops designed to improve communication and rebuild trust.
- ❖ Shared activities to reignite connection and intimacy.
- ❖ Free time to enjoy quality moments together in tranquil surroundings.
- ❖ Comfortable, private accommodations to relax and unwind.

Benefits

- ❖ Strengthen your partnership through improved understanding and communication.
- ❖ Rekindle intimacy and connection in a peaceful, distraction-free environment.
- ❖ Leave with tools to maintain a stronger, healthier relationship.

Herbalism and Nature Retreat

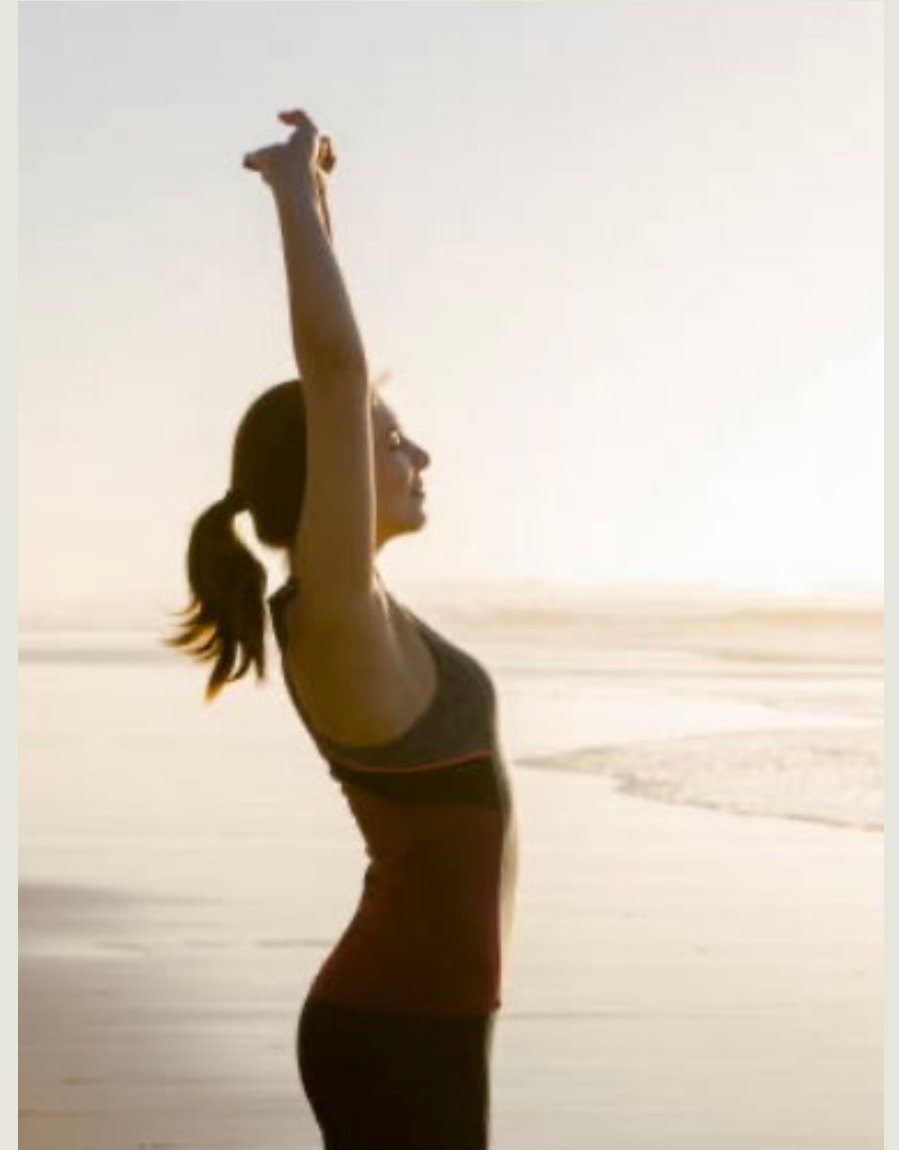
The healing power of nature is undeniable, yet it's often overlooked in our daily lives. This retreat was developed to reconnect individuals with the natural world and provide practical skills for integrating herbal remedies into everyday wellness practices.

Features

- ❖ Hands-on herbalism workshops covering teas, tinctures, and natural remedies.
- ❖ Foraging walks to identify and harvest local plants.
- ❖ Expert-led sessions on the benefits of herbs and their uses.
- ❖ Time to enjoy the peaceful beauty of the Dorset countryside.

Benefits

- ❖ Gain knowledge of natural remedies to support your health and well-being.
- ❖ Reconnect with nature and experience its calming effects.
- ❖ Leave with practical skills and inspiration to embrace a more natural approach to wellness.



Read to begin your adventure?

Take the first step towards renewal, resilience,
and rediscovery.

Join us at Pathways Retreats & Getaways and explore the
transformative power of a retreat designed with you in mind.

Get in touch and book your place today.

Limited spaces available.

Email address *****

*At Pathways, we believe true transformation happens over
time, with the right support and community.*

*Beyond the retreat experience, we offer ongoing coaching, a
nurturing community, and valuable resources to support your
journey long after your stay. Ask us about our ongoing
coaching when you book your place with us.*

