

Awakening

A RETREAT FOR THE SOUL

With Dr Kalanit Ben-Ari

Wed 4 October 6pm - Mon 9 October 5pm, 2023

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I know you're tired but come, this is the way.

– RUMI –

Take a much-needed break from the fast-paced modern life and join us for a profound journey of self-discovery and transformational experience. Our retreat offers a safe and supportive space for you to slow down, process, unwind, recharge, heal and connect more deeply with your inner essence.

In today's world, it's easy to get caught up in the daily grind of meetings, responsibilities, and social media, leaving us searching for meaning, joy, and purpose. It's not uncommon for people to feel like something is missing even when external success has been achieved. At this boutique retreat, we encourage you to move away from this “sleep state” and automatic mode and awaken your heart to the beauty and divinity within yourself. **Through a profound exploration of the self you can make conscious choices for your future.** Our goal is to guide you to find inner peace, meaning, and purpose, which is always present within you, but may be hidden amidst the noise of everyday life.

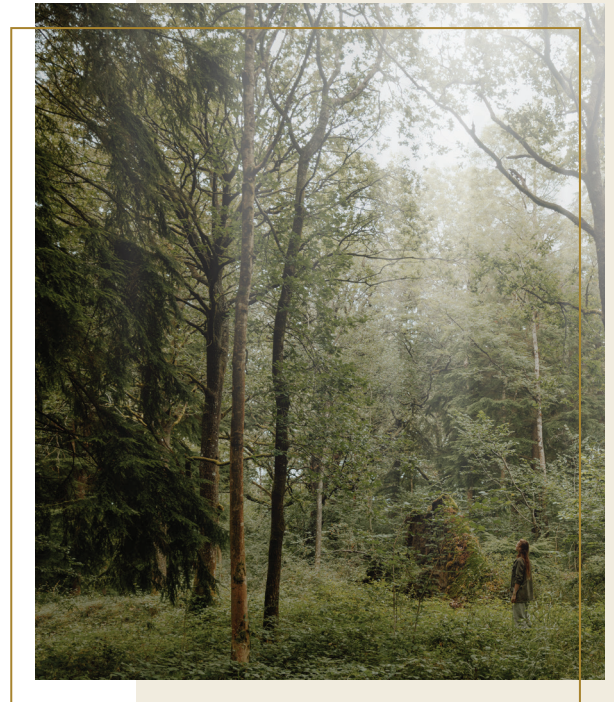
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You wander from room to room. Hunting for the diamond necklace. That is already around your neck!

– RUMI –

This retreat is a truly special gift for your soul. Led by senior international speaker Dr Kalanit Ben-Ari and a team of expert practitioners, offering a unique opportunity for deep reflection and healing.

Through elements such as breathwork, guided visualisations, meditations, light movement, sound healing, dream work, and connection with nature, you'll gain direct access to your subconscious and inner wisdom.



Join us at our luxurious venue in Somerset countryside, an inspiring environment for you to explore your relationship with your inner child, highest self, old wounds, and ego/shadow. Our program is designed to help you clear limiting beliefs, behaviour patterns, and unresolved issues so you can let go of what no longer serves you and embrace a journey of possibilities, joy, abundance, and fulfilment.

We guide you to shed the layers of social and family conditioning that make up what Jung called your “false self”. Through an inspiring journey of wonder, curiosity and clarity, you’ll rediscover and connect with your inner true self, your essence. At our retreat, we believe that true joy, inner peace, and new purpose can be found when we shift the lens through which we see and relate to others and the world.

Our approach is warm, inspiring, and grounded in the belief that growth, empowerment, and healing are possible for all. That’s why we encourage you to come as you are - you are more than enough, right now. It’s time to come home to yourself and discover the transformative power within you.

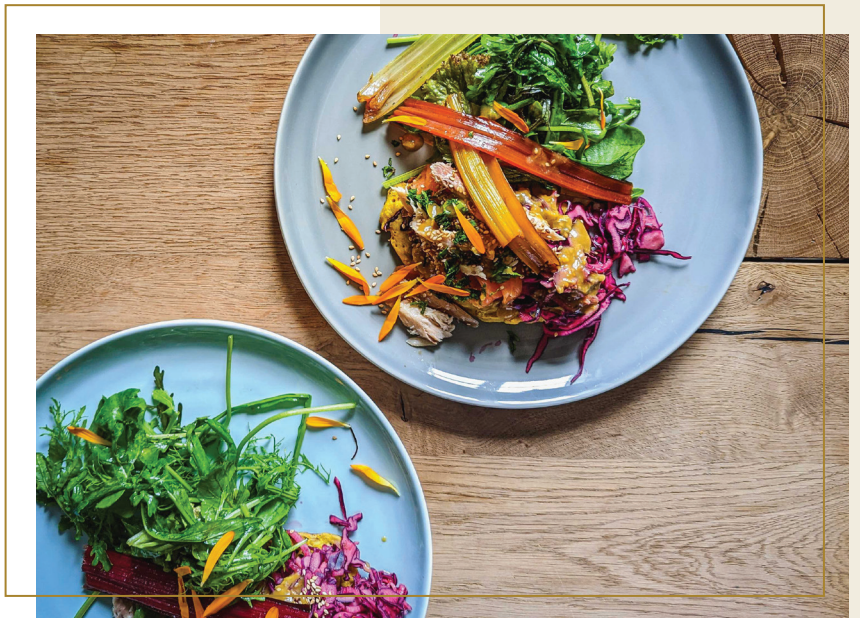


If the light is in your heart, you will find your way home.

— RUMI —

The more curiosity and wonder you bring, the more meaningful and powerful your experience will be. You’ll learn to trust yourself more, gain a clear focus and a road map towards stepping into your fullest potential and capacity, and begin the work of self-compassion and freeing yourself from judgment and reactivity. Connect to the truth of your heart, overcome internal resistance, and embody the person you know you’re meant to be.

We believe that the longest and most important relationship you’ll ever have is with yourself, and the most important journey you’ll embark on is the path of knowing yourself. Understanding more deeply the stories you tell yourself and deepening your awareness and mindset to new stories will lead to inner shifts in how you show up to life. **By re-gaining control over your mind, you can step into your highest state of being, nurture your soul, and create the life you want.**



A TYPICAL DAY

- Morning movement / yoga / meditation / elements breath
- Nurturing breakfast
- Group Workshop with Dr Kalanit Ben-Ari: A journey of self-discovery
- Group breath work / walk in nature / 1:1 Dream work
- Delicious lunch
- Experiential workshop with Dr Kalanit Ben-Ari and leading specialists.
- Nutritious dinner
- Evening group activities including fire ceremony/grief ceremony / Sound Healing / Short movie/ Processing circle

We also provide free time for you to rest, process and connect with nature, allowing you to integrate the teachings in a nurturing atmosphere.

Our healthy meals are carefully prepared to provide the fuel needed for your transformational journey. You will have the opportunity to indulge in the peace of your surroundings and to reconnect with your inner self, emerging revitalised and restored.

ABOUT DR KALANIT BEN-ARI

Dr Kalanit Ben-Ari is an accomplished psychologist, psychotherapist, and author who has dedicated over 20 years to working as a senior family and couples therapist. With a private clinic in Hampstead, London, she is an international speaker, trainer, and supervisor of therapists. As an associate member of the Faculty at the Imago International Training Institute, Kalanit served as the Chair of Imago UK from 2013-2023.

Her personal spiritual journey has been the driving force behind the transformative retreat that she has developed. Over the last 10 years, Kalanit has taken part in several spiritual awakening experiences that have shifted something very subtle in her being. It was on the last day of her 10-day individual silent retreat that the Awakening program was designed, from an inner calling.



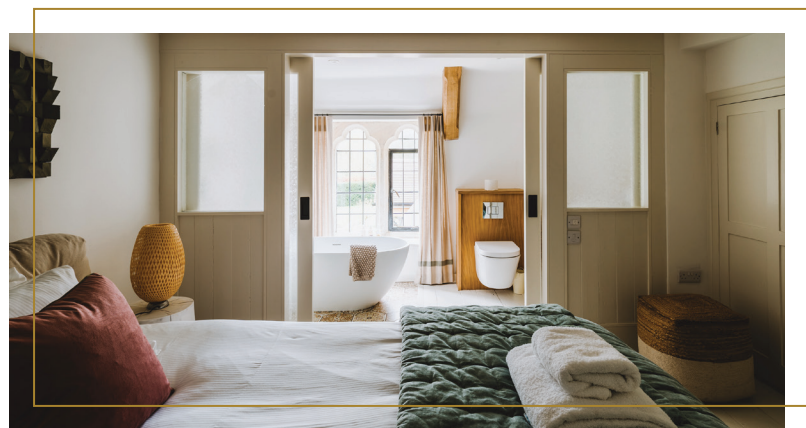
As a psychotherapist, Kalanit uses a variety of methods, including dreams, symbols, mindfulness, and creative means to access the unconscious. **She is known for her ability to bridge the intellect and logic mind with the spiritual and more intuitive knowing**, inspiring her clients to find a deeper understanding of themselves.

Kalanit is warm, empathic, and down-to-earth, and at the same time, very practical in her approach to inspiring change, healing, and growth.

Dr Ben-Ari obtained her BA and MA in Social Work (Clinical Child Development) at the University of Haifa, Israel, and was awarded a doctorate in psychology at Birkbeck, University of London. She also holds an Advanced Diploma In Transpersonal Psychotherapy (spiritual psychotherapy) and is a certified Brainspotting therapist (evidence-based trauma therapy). With extensive research and clinic work, Kalanit has published two books and regularly contributes to professional journals.

Dr Ben-Ari's expertise is well-recognised, having trained thousands of therapists worldwide, and is frequently featured in the media by reputable outlets such as The Sunday Times, BBC, Independent, Stylist, Metro, Evening Standard, and Refinery29. She has been a guest on numerous podcasts, sharing her wisdom with a broad audience.

Website www.kalanitbenari.com/Awakening | **Instagram** @dr_kalanit



THE SANCTUARY LOCATION

The Hermitage is a magical venue to embark on a journey of self-discovery with Kalanit Ben-Ari. This award-winning converted hunting lodge from the 15th century offers luxurious, spacious bedrooms with original features, nestled amidst stunning woodland and lake views. Discover peace and tranquility in the 173-acre sanctuary, enjoy wild swimming in the 7-acre lake, explore the secret garden, and roam freely throughout the property. The Hermitage's unique food philosophy incorporates organic vegetables grown onsite, locally foraged ingredients, ensuring a seasonal and hyper-local menu.



This is a life-changing experience. Secure your spot on the Awakening retreat now by filling out the booking form and scheduling a complimentary 20-minute "chemistry fit" conversation to ensure it's the perfect fit for you.

Due to limited availability, we recommend booking early.

We can't wait to welcome you on the Awakening Retreat!