

PAUSE & PIVOT

DISCOVER YOUR COMPASS WITHIN

AUG 22-25, CANTERBURY UK



A UNIQUE RETREAT LIKE NO OTHER

PAUSE & PIVOT

- A QUICK
NOTE FROM
OUR FOUNDER

At 23, I was burnt out, heartbroken, and completely lost. But everything shifted during a quiet 4-day break in Portugal; I finally gave myself permission to **pause**, and **pivot** toward something new.

Through movement, meditation, nourishing food, and a simple practice I later named **Life Mapping**, I began to untangle what mattered most. I got honest with myself. And for the first time in a long time, I saw a clear path forward - one built on purpose, not pressure.

Looking back now, I realise I had stumbled onto something uniquely powerful: a process of creating a life that actually feels like yours.

This retreat is a recreation of that exact process. A space to pause. To breathe. To reflect. To realign with your inner compass and make the kind of choices that change everything.

Welcome to Pause & Pivot.



AN EXCLUSIVE EXPERIENCE

(RE-) TREAT YOURSELF

With only 7 open places, this is an intimate gathering designed for thoughtful humans ready to reconnect with what truly matters.

From creatives to corporates, curious minds to change-makers - we're opening the space for those who are starting to ask those deeper questions and want to unlock their potential.

On the retreat, you'll have space to:

BREATHE - guided breathwork to reconnect internally

MOVE - gentle yoga flows and countryside walks

NOURISH - enjoy delicious meals and conversation

REFLECT - workshops to uncover your Core Direction

CONNECT - meaningfully with yourself and others

Whether you're seeking clarity, craving calm, or just curious about what's next - this retreat is a chance to pause, realign, and rediscover the direction that's been within you all along!



DISCOVER YOUR INNER COMPASS

FIND YOUR INFINITE HEADING

The most transformative shift isn't made by simply doing more or building a thicker skin - it's done by defining **where** you're going and **why**. It's about owning your own vision.

You'll learn a practical, powerful approach to help you clarify your Core Direction - your collection of deep inner-whys - to help pursue a lifestyle that's most fulfilling for you. To live life on your terms.

By following your inner compass, your path becomes clear and your choices become easier. This isn't a standard retreat workshop, it's a practise that can change the trajectory of your life!

Are you ready to discover your next pivot?



MOVE WITH INTENTION

BREATHE INTO CHANGE

Each day of the retreat is framed by movement: an energising morning flow to awaken your body, and a calming evening practice to release and reflect.

Through a blend of Hatha/Vinyasa in the mornings and Yin/Restorative sessions in the evenings, you'll use movement, breathwork, and stillness to reconnect with yourself - physically, emotionally, and energetically.

Whether you're seasoned or brand new to the mat, every session is designed to be accessible, grounding, and supportive of your journey.



These sessions are not about performance - they're about presence.

If the weather allows, we'll practice outdoors, surrounded by nature. If not, we have cosy indoor spaces ready.

No pressure. No performance. Just space to move, breathe, and come back to centre.

Just bring yourself, your breath, and an open heart.



NOURISH YOUR BODY & SOUL

FRESH
HEALTHY
NUTRITIOUS
BALANCED
WHOLE

Every meal on this retreat is a moment of care, connection, and craftsmanship. Joined by our unbelievable **private chef**, Omar, whose dishes are as thoughtful as they are delicious.

Omar's approach goes beyond sustenance. He'll be crafting premium, plant-rich meals designed to energise, restore, and elevate - using seasonal ingredients to bring out the best in both flavour and function.

This is nourishment that supports your clarity, creativity, and connection - with space around the table for laughter, conversation, and shared moments of joy.

All dietary requirements are thoughtfully accommodated - whatever you need, Omar will make it exceptional.



A DIGITAL DETOX WEEKEND

UNPLUG
SWITCH OFF
OUT OF OFFICE
DISCONNECTED
AWAY FROM KEYBOARD

Disconnect from the busyness of the city, the distractions of the online world and the pressures of your workplace.

Immerse yourself in a weekend of reconnecting with your inner world; through movement, recovery and introspection.

With an intimate group of great people, this retreat will guide you back to yourself, to your innermost drivers and refuel your motivation,
(along with your stomach!)

Daily yoga & breathwork, healthy nourishing meals, and lots of food for thought - give your body what it's been craving.





YOUR HOME AWAY FROM HOME

PEAN FARM,
CANTERBURY

Tucked away in the quiet countryside of Canterbury, Pean Farm is a peaceful, character-filled escape designed for deep rest and reconnection.

All bookings are for solo participants by default. However you're more than welcome to share your double bed with a partner or friend for a small additional fee.

Venue address: Pean Farm, Pean Hill, Canterbury, CT5 3BH

DOUBLE SHARE

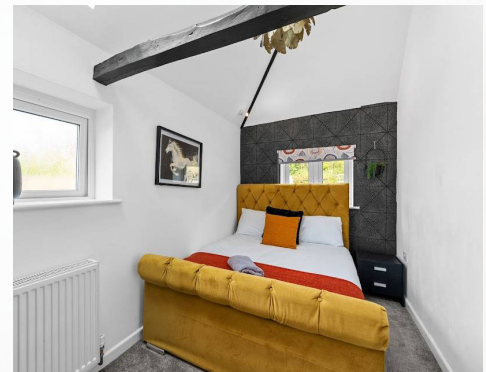
A double bed in a twin room.
All pairing are allocated same-sex.

All rooms share the main two bathrooms.

PRIVATE DOUBLE

A double bed in a private room,
all to yourself.

Space to relax and decompress.



AMENITIES

Enjoy the spacious living room, expansive garden, two shared bathrooms, and convenient on-site parking.



MEET YOUR RETREAT HOSTS

DANNY
LEWIS
OMAR



DEDICATED YOGA INSTRUCTOR

Danny specialises in Vinyasa, Hatha, and Yin. He's passionate about calming minds and guiding others into deep presence through movement, breath, and stillness.

www.instagram.com/yoga_with_danny

OUR PASSIONATE CHEF

Gifted for crafting delicious, nourishing meals, Omar caters to all dietary needs with creativity and care, ensuring every bite is as wholesome as it is flavorful.

www.instagram.com/omar.eats



SELF-DEVELOPMENT COACH

After making the leap from corporate life to creative freedom, Lewis helps others build a fulfilling lifestyle through structure, self-guidance, and transformative practices.

www.youtube.com/@Lewis.TruePathCo

HOUSE RULES

THE FINE PRINT

-Pricing and payment

Double Share - £450

Private Double -£550

Share with a friend/partner +£150

- What's included

3 nights stay, all meals, all activities.

Arrive on Friday evening for a welcome dinner and enjoy a fully hosted weekend ending with a post check-out countryside walk.

- What's not included

Please make your own way to Whitstable Train Station. We will collect you on arrival.

- Contacting us

Feel free to reach out to any of us if you have any specific questions.

For all bookings please message Lewis on the number below. A refundable deposit of £200 is required to confirm your space and the balance is payable no later than the 10th August.

WhatsApp: +447449051410

