Immersive Highland Retreat *for Women*



FOR WOMEN READY TO PRIORITISE
THEMSELVES AND FEEL FULLY ALIVE

A unique, unforgettable and deeply impactful retreat
in one of the most striking corners of the Scottish Highlands

MARCH 11 - 15, 2027

HOUSE BY THE LOCH
INVERNESS

SHARON BURKEY
Breathwork & Coaching for Women

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BOLD • FIERCE • FULLY ALIVE



Hello and Welcome

"This is an opportunity to step into an experience that is uniquely yours, and possibly unlike anything you've done before."

This retreat has been calling for some time and I am honoured to share it with you. If it speaks to you, I invite you to join me, my fellow expert guides, and a group of like-minded women in the soul-stirring landscapes of the Scottish Highlands in 2027!



The Vision. The Retreat.

This retreat was created for women who want something different, something that steps outside the usual routine and into an adventurous, immersive experience. An opportunity to reconnect with yourself, embrace new experiences, feel fully alive and create shifts that stay with you long after you leave. A space to reinvigorate your body, mind, heart and soul.

Whether you're seeking adventure, exploring personal growth and deeper self-connection, longing for a sense of liberation, or simply wanting to experience the joy of feeling fully alive in breathtaking surroundings, this space is for you.

I believe deeply in the beauty and power of what can emerge when women take the time to prioritise themselves, come together in authentic connection and support one another. This retreat was born from that belief, and it sits at the heart of everything we share during our time together.

Supported throughout by a team of heart-led hosts and expert guides, dedicated to making your experience safe, enjoyable, meaningful and memorable. Whether you're experienced or completely new to these practices, you are welcome. Everything is designed to meet you where you are.

Within this brochure, you'll find everything you need to know about the retreat and what awaits you. If you have any further questions, please don't hesitate to get in touch. I'd love to hear from you.

We Can't Wait to Welcome You

Sharon and the Retreat Team x

Our Location

The House by the Loch is tucked away and sits on the serene edge of Loch Duntelchaig, just south of Inverness, a hidden jewel of the Scottish Highlands.

It's location offers the feeling of being fully immersed in the Highlands, while also remaining easily accessible. It's an ideal setting for women seeking something truly different without the friction of remote travel.

Surrounded by breathtaking scenery, open water, and magical woodlands, it's an area that feels timeless and wild, yet serene and intimate.

Known for its beauty, stillness, healing qualities, and immediate access to some of the Highlands' most striking natural landscapes.

Perfect for our immersive retreat together.









House by the Loch
Loch Duntelchaig
Inverness,
IV2 6AW

What Awaits You

A unique, and deeply immersive retreat where every element has been carefully curated to immerse you into a beautiful blend of adventure, expansion, rejuvenation and mindful presence, alongside other like-minded women. From the moment you arrive, guests can expect a warm welcome and a balanced mix of activity and restorative downtime, bringing an uplifting, yet calming energy to the retreat.

Imagine ....











Crisp Highland air, flowing rivers, cascading waterfalls, mirror-like lochs, luxury accommodation, a small group of like-minded women, and serene, breathtaking surroundings as you are guided into your immersive experience, set to invigorate your body, feed your soul, and nourish every part of you in the most supportive way.

Ease into your days with gentle somatic stretching and meditation as the sun rises over the loch, taking in the beautiful surroundings and setting the intention for the day ahead.

Following a wholesome breakfast, you'll be invited to step into the beauty of the Scottish Highlands and the experiences that await.

Perhaps immersing yourself in a Scottish Highland cold-water experience in an iconic spot, paddleboarding across a glass-like loch, or exploring a secret location, taking in the landscape and absorbing the Highland energy. Awakening your senses, grounding yourself in the moment and embracing a sense of wonder and connection deep within.







What Awaits You

After adventure, we create space to rest, slow down, embody our experience and reconnect with yourself on a deeper level.







Through mindful somatic movement, tension-release sessions, immersive breathwork, life design and forward-focused exploration, you'll be invited to discover new perspectives, explore what matters to you and take away insights and practices that can support you long after the retreat.

Each session is thoughtfully designed to offer something meaningful, with space for personal exploration, reflection and connection.

Evenings offer space to rest, connect or experience the deeply transformative fire walking ceremony.









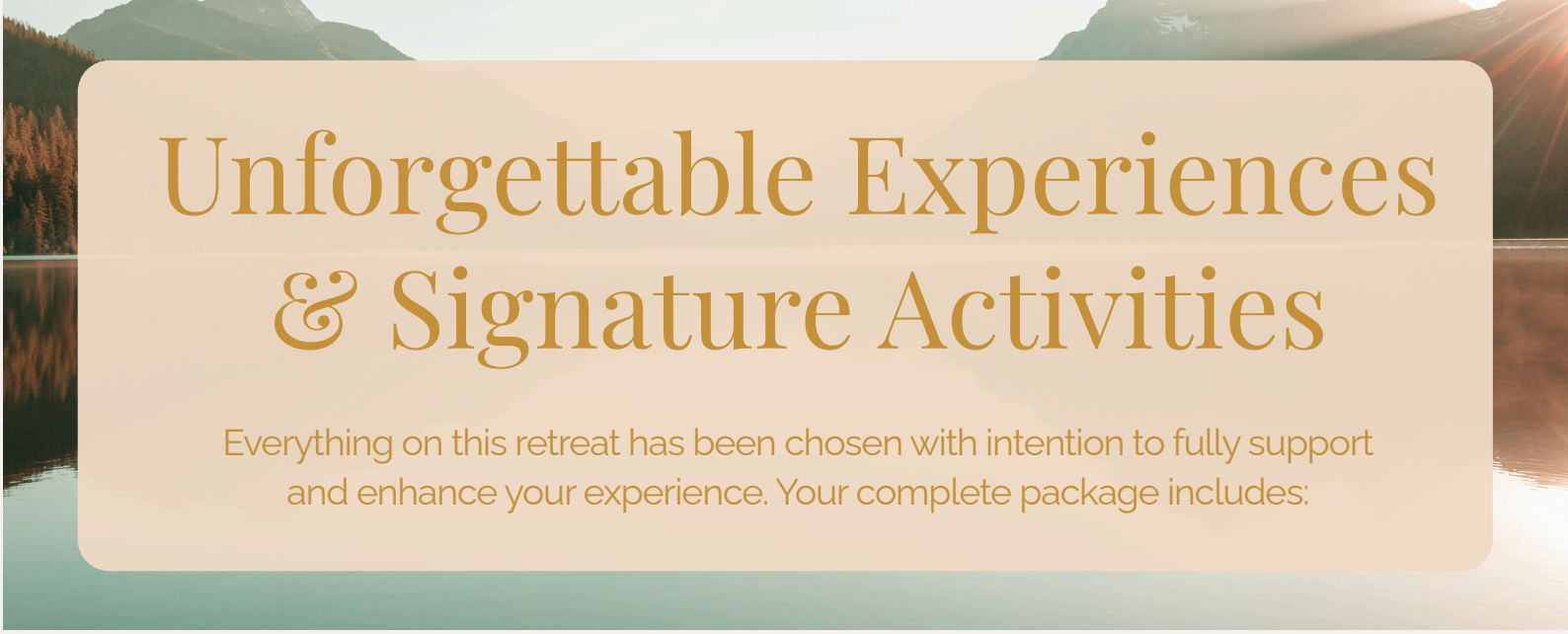




Whether sitting around a fire pit gazing at the stars, stepping into our fire walk ceremony and embracing the opportunity to explore courage and transformation, or relaxing in your own company or with fellow guests in the luxurious comfort of our surroundings, each evening offers the freedom to find what you need in that moment.

Every activity is optional, and you're encouraged to take part in whatever feels right for you.

By the end of the retreat, my hope is that you'll leave feeling rejuvenated, vibrant and more expansive than when you arrived, carrying the energy of the Highlands, the experiences and the connections you've made that will stay with you long after you return home.



Unforgettable Experiences & Signature Activities

Everything on this retreat has been chosen with intention to fully support and enhance your experience. Your complete package includes:

FOR YOUR COMFORT & CARE

- 4 Nights luxury accommodation in a serene setting
- All meals, snacks & refreshments included
- Wholesome food with dietary requirements catered for
- Small group of like-minded women
- Immersive retreat experience - all activities are included
- Fully hosted and guided by heart-led qualified experts in their field

SIGNATURE ACTIVITIES

- Morning Meditation and Practices
- Nature is Medicine
- Cold Water Immersion Experience (in iconic settings)
- Firewalking Ceremony
- Paddleboard Experience
- Immersive Breathwork
- Somatic Medicinal Movement & Tension Release
- Life Design Experience
- Relaxation and downtime

*Activities are always optional, with a beautiful blend if indoor and outdoor experiences. Travel to and from the venue is not included in retreat price.

Your Haven While You're Here

The House by the Loch is a private, luxury retreat house positioned perfectly on Loch Duntelchaig with incredible views and surroundings you will never tire of, or want to leave! And it's ours for 4 glorious nights.

With 9 bedrooms, 6 bathrooms and plenty of amenities, the house itself is a sanctuary, and every detail has been designed to support your retreat experience, allowing you to move freely between energy and stillness, community and personal space.

Purposefully chosen, the house and retreat location encourages you to fully relax and immerse yourself in its surroundings, carrying you into the natural unfolding of your time here.

Whilst here, everything is taken care of for you, simply arrive and leave the rest to us.









ELEGANCE • LUXURY • PEACE • COMFORT

Your Retreat, Your Home

Luxurious and spacious accommodation, choose to book a king-size, triple or double room with a partner/friends, or, if you're travelling solo book a single room, or we'll match you with a like-minded fellow guest in a double or triple room.

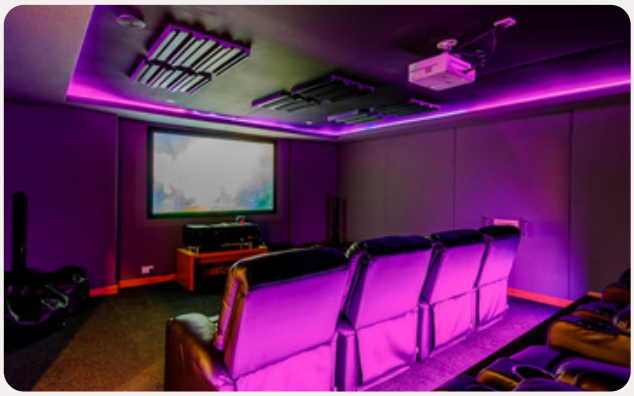




- Spacious indoor and outdoor areas
- Cinema room & games lounge
- *Bubbling whirlpool bathroom & en-suit facilities (in certain rooms)
- Cosy bedrooms & relaxation spaces
- Panoramic views
- Stunning Loch Duntelchaig awaits you
- Close to Inverness & Loch Ness







Meet Your Expert Guides

Fully qualified, insured, heart-led & experts in their field of specialism





Sharon Burkey, MNCH (Reg) - Rereat Host

Somatic Therapist, Nervous System Coach & Breathwork

Sharon supports women who have lost parts of themselves in the doing, the giving, and the endless swirls of life, helping them step into ease and a freedom they may have forgotten was possible. She is a champion for human potential and self-liberation, reminding women of their strength, their aliveness, and their agency. Sharon's intention is simple: that every woman leaves feeling more herself, fully present with self-agency, and carrying connections and an experience she'll never forget.



Jenny Favell aka The Cold Water Therapist

Jenny is a passionate advocate for the transformative power of cold water. With years of wild swimming and professional expertise in Cold Water Therapy, Open Water Safety, and Mental Health First Aid, she guides women safely into invigorating outdoor dips and immersions. Jenny's approach blends adventure, fun, and evidence-based practice to help boost resilience, and reconnect with joy and presence. Her sessions leave women feeling empowered, alive, & grounded.



Kirsten Grant, MBE

SUP, Adventure & Cold Water Immersion Guide

Kirsten is a true pioneer, one of the first teams to deliver SUP expeditions in Scotland, with over 10 years of experience leading adventures across the UK and abroad. Her sessions are unforgettable, combining expert guidance, safety, and a passion for helping women rise into their courage. An advocate for living fully and loving your life, Kirsten blends adventure with presence, confidence, and mental health awareness, leaving every woman feeling empowered, energised, and ready to embrace life with boldness and joy.



Oona McFarlane

Fire Walk Ceremony Specialist & Guide

Oona guides fire ceremonies that dissolve doubt and awaken courage. With deep respect for ritual and psychology, she creates experiences that are both profound and accessible. Walking the fire becomes less about the walk and more about the quiet, undeniable realisation that you are capable of more than you imagined. Women walk away changed in ways that linger long after.

FAQ's

What can I expect from the Immersive Highland Retreat for Women?

Expect a well-balanced mix of immersive activities, indoor and outdoor, and spacious downtime. Everything is thoughtfully paced and experiences are always optional, so you can take part in a way that feels right for you. The feel of the retreat will be relaxed and deeply immersive, with uplifting energy and like-minded women. Everything is catered for, all you need to do is show up with curiosity, a sprinkling of courage, an open heart and an open mind and let us do the rest.

Is this retreat for me?

If this brochure spoke to your soul, you're open-minded, kind hearted, enjoy being in stunning settings, want to meet and spend time with like-minded women, and ready for something new, deeply nourishing and expansive, this retreat is likely a very good fit.

A good level of mobility is required, as some activities involve short walks and outdoor access points. Cold water sessions are optional and short in duration, it's more about immersion than distance and length of time. All activities are adaptable, encouraging and participation is always your choice.

What will I eat?

Food will be nourishing, wholesome and satisfying, with a balance of hearty meals and thoughtful treats. Dietary requirements will be collected at the time of booking and fully catered for.

What will I need to bring?

You'll receive a detailed packing list ahead of the retreat, outlining clothing and personal items to bring so you feel comfortable and prepared. All specialist equipment, safety gear, materials and immersion essentials will be provided and are included in the retreat experience.

FAQ's

Will I be safe?

Absolutely. Your safety is a priority at every step of the retreat. Before your booking is confirmed, you'll complete a medical and risk assessment questionnaire to ensure we can fully support you and accommodate you.

This retreat is designed to nurture self-growth, personal development, and a mindful connection to the aliveness of the present moment. All activities are led by trauma-informed, fully qualified, experienced, and insured facilitators. Participation is always optional, there's no pressure, only gentle guidance, support, and encouragement. Dynamic risk assessments take place throughout, and activities may be adapted if conditions require, so you can relax and fully immerse yourself in the experience knowing you are completely held.

How to book, rooms & allocations

To book, complete the request to book form and I will be in touch to confirm your reservation. House by the Loch has nine beautifully appointed bedrooms and 6 bathrooms across the property, offering a mix of king, double, twin, triple and single rooms. Rooms are allocated on a first-come, first-served basis. Some rooms are en-suite, while others share bathrooms and this cannot be guaranteed in advance. If you are booking with a friend or would like to share with someone you know, please let us know at the time of booking. If you have a strong preference around room type or sharing, early booking is advised.











Booking Info

Secure Your Place Quickly!



MARCH 11 - 15, 2027

Check-in 4pm 11/03/27
Check-out 10am 15/03/27

Only 10 places available:

Rooms:
King shares, triple shares, twin shares, single

Closest Airport
Inverness

Closest Railway
Inverness

**Collection from Inverness train station may be possible.*

Pricing:

£1270pp - pay in full or:

£300 non refundable deposit to secure your place then:

Installment options available. Must be paid in full by the time of the rereat.

Card payments accepted

Download Brochure, or
Request to Book Here

We Can't Wait to Welcome You

Sharon and the Retreat Team x