

Immersive Highland Retreat *for Women*

FOR WOMEN READY TO PRIORITISE
THEMSELVES AND FEEL FULLY ALIVE
BOLD | FIERCE | UNSTOPPABLE

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 retreat has been calling for some time and I am honoured to share it with you. If it speaks to your soul, 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!



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

The Vision. The Retreat.

This retreat was created for women who want something different, something that steps outside of the usual routine and into an adventurous and immersive experience that provides something exciting, self-connecting, unforgettable and deeply impactful. A space that reinvigorates your body, mind, heart, and soul, and stays with you long after you leave.

I believe deeply in the beauty and power of what can emerge when women take the time to prioritise themselves, gather in authentic connection, and come together with a genuine desire to lift each other up and rise. This retreat was born from that foundation, and it sits at the heart of our time together.

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

You'll be supported every step of the way by a team of heart-led hosts and expert guides, here to make your experience safe, enjoyable, deeply transformative and unforgettable. No matter your level of experience with these practices, every woman is welcome.

Within this brochure, you'll find everything you need to know about what awaits you, but if you do have any further questions please do not hesitate to contact me.

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.



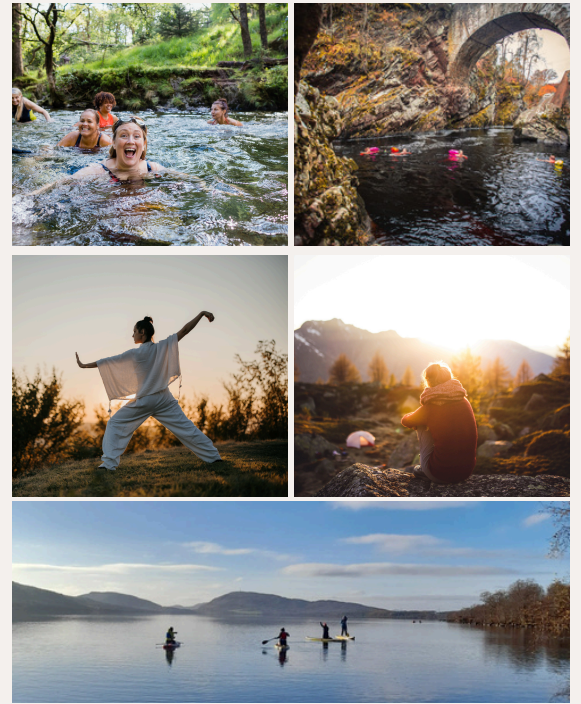
**House by the Loch
Loch Duntelchaig
Inverness,
IV2 6AW**



What Awaits You

This retreat is the first of its kind and 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 easing into your days with gentle **somatic movement** and **meditation** as the sun rises across the loch. Nourished, grounded, and supported, you are invited into adventure, gentle challenge, and the breathtaking beauty of the Highlands. Perhaps an **invigorating cold water** dip in an iconic Highland spot, **paddleboarding** on a serene loch, or exploring a secret location that will awaken your senses and sense of wonder. With crisp Highland air, flowing rivers, cascading waterfalls, mirror-like lochs, breathtaking surrounds, **encouragement**, and women who **laugh, explore**, and lift one another up, every experience is designed to invigorate your body, feed your soul, and boost resilience in the most exhilarating and supportive way.



After adventure, we intentionally slow down and turn inward, offering sessions designed to **restore balance**, release tension, and **support your wellbeing**. Through mindful somatic medicinal movement and tension-release sessions, immersive breathwork, and life design and forward-focused exploration spaces, you are guided to **reconnect** with yourself and take with you wisdom and practices for everyday life. Each session is thoughtfully designed and **deeply impactful**.

Evenings offer space to rest, connect, or simply be. Whether sitting around a fire pit gazing at the stars, stepping into the **firewalk ceremony that invites in**

courage and transformation, or relaxing in your own company or with fellow guests in the luxurious comfort of our surroundings. Each night meets you exactly where you are, allowing your mind, body, and soul to fully absorb the day. Every activity is optional. By the end of the retreat, you'll leave feeling rejuvenated, vibrant, alive and more expansive than when you arrived, carrying the energy of the Highlands, the experiences, and the women you've shared them with 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:

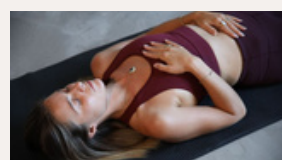
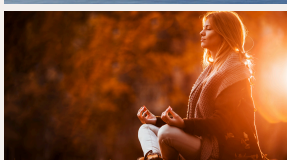
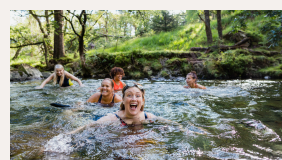
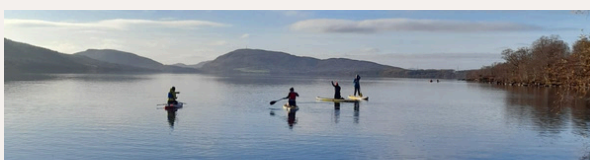
FOR YOUR COMFORT & CARE

- 4 Nights Luxury Accommodation in a serene setting
- All Meals & Refreshments
- Beautiful small group of like-minded women
- Immersive Retreat Experience: connection, aliveness, encouragement, fun, new friendships, adventure, peace, wholeness, rejuvenation and a safe space
- Fully hosted and guided by heart-led qualified experts in their field

SIGNATURE ACTIVITIES

- **Morning Practices** – Breathe, stretch, connect. Start each day grounded & embodied
- **Nature is Medicine** – Feel yourself melt into presence with this guided practice
- **Cold Water Immersion** – Iconic spots, invigorating dips (ice breaking a possibility!)
- **Firewalk Ceremony** – A deeply transformative session – Step into your inner warrior
- **Paddleboard Experience** – Have fun, glide across serene waters in stunning scenery
- **Immersive Breathwork** – Expand, release, feel fully alive
- **Somatic Medicinal Movement & Tension Release Sessions** – Move, ease, release
- **Meditation & Mindfulness** – Breathtaking scenery, gratitude, soul-full connection
- **Life Design Session** – Hone in on your life's adventure beyond the retreat
- **Plenty of downtime** – Fully relax, play, be, or just take it all in

*Activities are always optional, with a beautiful blend of 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.



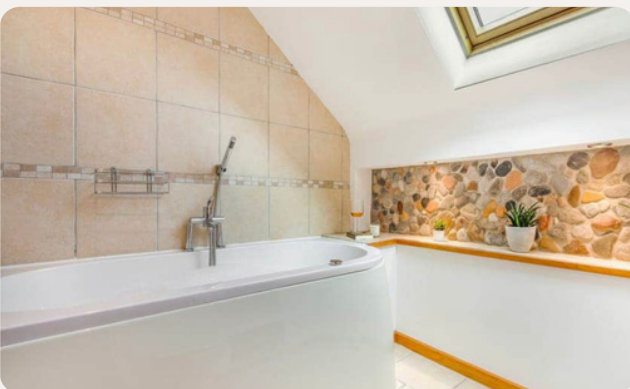
Your Retreat, Your Home



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-suite 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)

Breathwork, Nervous System Coach & Somatic Therapist

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

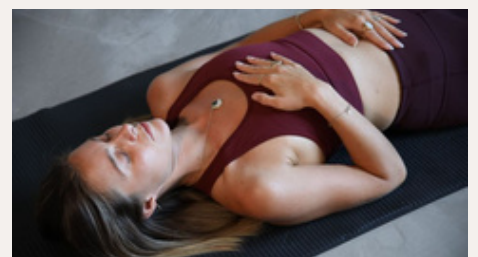
Will I be safe?

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

Aberdeen International

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:

12 monthly payments of
£80.84 from 01/03/2026

Card payments accepted

[Request to Book](#)

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Sharon and the Retreat Team x