

# SOMEWHERE

FIND YOUR PLACE

IN NATURE



RETREAT BROCHURE 2024



**WE ARE ALL TRYING TO FIND OUR PLACE**

# **SOMEWHERE**

**FIND YOUR PLACE  
IN NATURE**

**A TWO DAY REGENERATIVE WELL-BEING RETREAT**

**TIME FOR YOURSELF.  
FOR BUSY HEADS AND BUSY LIVES.**



**TUESDAY 18TH JUNE - THURSDAY 20TH JUNE 2024 - LITTLE SEED FIELD - NR RIPPON, NORTH YORKSHIRE**



SOMEWHERE is a two-day nature-inspired well-being experience set in the beautiful North Yorkshire hills of Little Seed Field Glamping.

Hosted by Where The Mind Grows, bringing you nature-based solutions for purpose, prosperity, and personal growth.

**SOMEWHERE** is a space away from busy living and even busier minds.

For those of you longing to slow down and redesign your day-to-day living for greater fulfillment and balance. A place to rediscover some time and head-space for yourself.

Create some space and make time to re-balance.

**SOMEWHERE** will 'hold a space' for you, alongside nature.

Nature is a great host when it comes to self-discovery, reducing stress and overwhelm, and finding calm & clarity.

This two-day regenerative experience will help you to relax, nurture confidence and calm, and help simplify and balance those busy or even chaotic parts of life.

Time & headspace for yourself, celebrating the creative, unique, and wild parts of being you!

With nature as a co-facilitator, you'll learn from 3.8 billion years of expertise in resilience, authenticity, and connection.

Take part in explorative and immersive personal development sessions with skilled regenerative coach and facilitator - JK McQuinn (Founder of Where the Mind Grows) and collaborators helping you re-connect with yourself, in nature.

Discovering new solutions for your health and happiness.

A space to rest. Gain clarity. Create lasting change.

New beginnings start **SOMEWHERE**.





# WHERE THE MIND GROWS

## About your retreat host

JK McQuinn coach, facilitator, and founder of Where The Mind Grows, is an experienced personal development and well-being coach. Weaving a range of modalities (from NLP to ecopsychology) into her coaching approach to help you reconnect with yourself, nature, and a sense of purpose.

Helping people be kinder to themselves and the planet through therapeutic coaching and nature immersive and inter-related experiences.

Balancing 'wisdom, intuition & the whimsical' aspects of nature reconnection with a wealth of practical and purposeful resources for life.

Working with a range of collaborators who recognise the benefits of nature-inspired well-being too, offering refreshing, real, and raw opportunities to nurture and grow mind and body.

An advocate for authenticity and wild creativity, JK helps adults - stuck in the humdrum responsibility of life - to discover strategies and make change that responds to their modern-day resilience needs.

Reducing overwhelm and increasing our human capacity to make great and pioneering changes for better balance and fulfilment. And a simply beautiful life.

Nature is a co-facilitator and co-mentor in all that we do. Meaning you won't simply spend time in nature but learn from its expertise and wisdom when it comes to mastering challenges and change. Living life compassionately, successfully, and uniquely as YOU!







# EXPLORATIVE WORKSHOPS

ENHANCE WELL-BEING, ALIGN PURPOSE + SEED CONFIDENCE



# **Self-Discovery, Personal Development & Well-being Workshops with coach & facilitator JK of Where the Mind Grows**

JK will also guide you in a wide range of relaxed, thought-provoking, and immersive activities throughout the retreat experience.

## **INSPIRED BY NATURE**

This introductory workshop will give you time and space to review your well-being goals, create a clear vision, and identify meaningful actions to enhance your life and create a 'better balanced' way of living.

You'll be introduced to nature-inspired well-being resources to help you make positive changes.

## **VALUES AS A COMPASS**

Together we will explore the importance of your inner values, purpose, & fulfillment.

An easy and effective way of recognising well-being triggers and making decisions to get back on track.

You'll create your own values compass. Confident in ways to navigate the changes you want to make to re-balance your life. Always find a way back on track.

## **COMPOSTING & CULTIVATING**

To further nurture your well-being, this workshop will expand your resources and knowledge. Helping you change the beliefs, habits, and actions that currently get in the way of making changes that will enhance your life.

You will be guided through simple strategies to let go and get unstuck. Helping you build momentum in your happier, healthier life.





# NATURE CONNECTION AND REFLECTION DURING THIS SOLSTICE PHASE OF SUMMER



NIGHT OWLS?  
STAY UP LATE ON A  
CLEAR NIGHT AND  
SEE THE EXPANSIVE  
SKIES IN THIS DARK  
SKIES REGION!





# WILD SWIMMING

On the early evening of the Summer Solstice, you are invited to join experienced Wild Swimming Coach, Lucy from Swim Outdoors, who will lead us in a water immersion and wild swimming session.

Cold water has lots of health benefits, including reducing anxiety, stress, and low mood. It improves circulation and boosts energy.

Swimming in open water is also a great way to build confidence and self-esteem.

Indulge in something we adults don't always have time for fun, playfulness, and freedom. (All under the safe guidance of Lucy!)

For those who are not keen or confident about swimming in the wild, you will be invited to complete a riverside reflection resource and a moment of stillness by the water. Whilst others will take their moment to delve and refresh.

**You will be asked to complete a health and safety form to participate in this activity safely**



Lucy - Swim Outdoors



# WOODCRAFT CREATIVITY & MINDFULNESS

On the afternoon of Day Two, you are invited to take part in a woodcraft and whittling activity with Thrive Outside. This is a chance to take part in a creative activity that will help you engage mindfully in a flow state and help to relax your mind and body.

You don't have to be creative, crafty, or skilled to take part. You will be surprised at yourself at the variety of things you can create with wood. And you'll get to take your creation home with you, too!

Make everything from a spoon to plant labels and much more!

Creativity can help increase endorphins and dopamine - the happy, joyful hormones. This can also help you to reduce stress and tension.

You will also learn about the woodcraft tradition and get to enjoy a tasty homemade snack as part of this session!





## Day One - Tuesday

Arrival (09:30-10:00am)

Welcome & Orientation

Nature-Inspired Design for Life with JK

LUNCH

Reflection Time

Values as a Compass - Session With JK

Wild Swimming OR Riverside Reflection with Summer Solstice Celebration

Nesting & Resting Time

Evening Meal

Campfire & Solstice reflections

REST

## Day Two - Wednesday

BREAKFAST

Nesting Time

Composting & Letting Go - Session with JK

LUNCH

Woodcraft & creative whittling

Natural Crafting & Wild Creativity

Evening Meal & Retreat Celebration

REST & REFLECTION -SOLO TIME

## Check Out - Thursday

BREAKFAST

Check out of cabins Thursday by 10am

Optional Extra Activity \_JOIN JK IN A WELL-BEING WALK AFTER CABIN CHECK OUT

Plus bonus activities& resources!

**A FINALISED DETAILED ITINERARY WILL BE SENT TO ATTENDEES 6-8 WEEKS BEFORE THE EVENT WITH EXACT RUNNING AND TIMINGS**





# Invest in Yourself - Ticket Prices - Inclusions & Exclusions

## **SOLO RETREAT BOOKING - ENSUITE**

Tuesday to Thursday  
Retreat workshops & Activities  
ALL Refreshments and Meals  
Accommodation - Ensuite bathroom  
Private toilet and shower facilities in the cabin.

## **EXCLUSIVE BOOKING OF A LITTLE SEED FIELD GLAMPING CABIN, JUST FOR YOU.**

You can book Bird Cherry, Meadow Sweet, & Field Mouse for solo use or share as a friendship booking of up to 4 people.

Wild Bramble is also ensuite for up to 3 people.

**£650 Per Person**

**SECURE WITH A £100 PP DEPOSIT  
( full payments due by 1/5/24)**

## **SOLO RETREAT BOOKING - SHARED FACILITIES**

Tuesday to Thursday  
Retreat workshops & Activities  
ALL Refreshments and Meals  
Accommodation - shared facilities

## **USE OF THE GLAMPING SITE TOILET/SHOWERS**

## **EXCLUSIVE BOOKING OF A LITTLE SEED FIELD GLAMPING CABIN, JUST FOR YOU.**

You can book Yorkshire Fog, Foxtail, and Woodland Clearing for solo use with shared facilities

**£595 Per Person**

**SECURE WITH A £100 PP DEPOSIT  
( full payments due by 1/5/24)**

## **SHARED GROUP BOOKING ENSUITE OR SHARED FACILITIES CABINS**

Tuesday to Thursday  
Retreat workshops & Activities  
ALL Refreshments and Meals  
Accommodation - Ensuite bathroom  
Private toilet and shower facilities in the cabin.

CAIBINS FOR TWO OR THREE SHARING  
**Group bookings are for people who know each other to share. We will not ask you to share with a stranger.**

Choose to share with TWO or TRIPLE  
GROUP BOOKING OPTIONS

SECURE YOUR GROUP CABIN IN FULL  
OR AS PART OF THE DEPOSIT ONLY SCHEME

**PRICES RANGE PER CABIN FOR 2 OR 3 SHARING  
£1089- 1732.50**

**SECURE WITH A £100 PP DEPOSIT  
( full payments due by 1/5/24)**

Ticket purchases can be secured with a £100 deposit per person before 1ST MAY 2024 or Paid in full. Ticket Sales will likely end a minimum of 6 weeks in advance of the retreat event - subject to availability. Read our T&C's for further payment details. Please note accommodation allocations are made by the event host on your behalf. You will receive details on your specific accommodation with your retreat itinerary nearer the time. All bookings are subject to the availability of that cabin/glamping option. Confirmed at the time of booking.

Read our T & C's and Retreat Culture on our website or sign up emails- we aim to ensure the retreat experience is an inclusive, accessible, and psychologically safe space. Free of judgement, to be yourself!



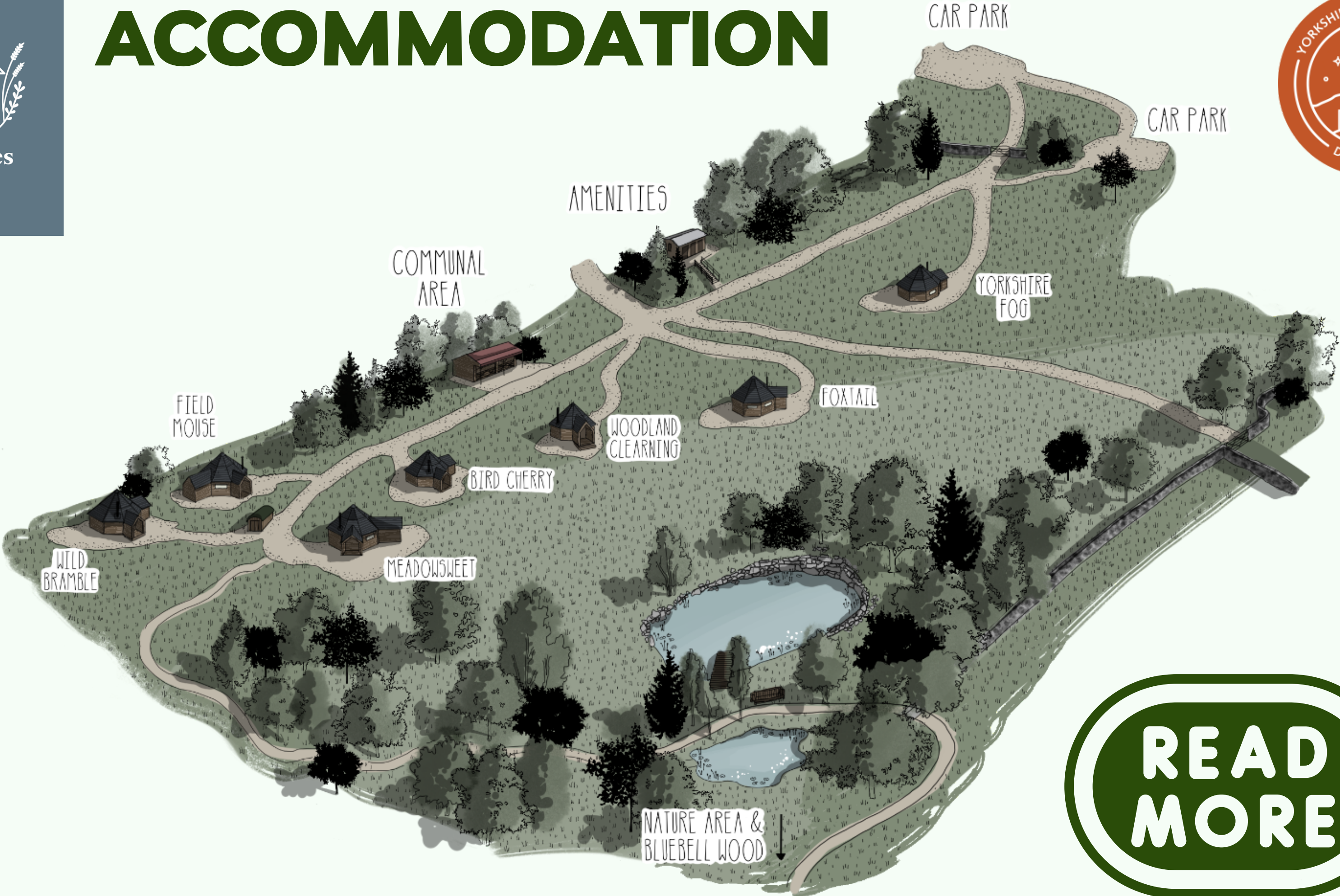
# GLAMPING ACCOMMODATION AMONGST THE YORKSHIRE HILLS







# ACCOMMODATION





# YORKSHIRE FOG, FOXTAIL AND WOODLAND CLEARING: STANDARD CABINS (NON ENSUITE)

**Yorkshire Fog, Foxtail, and Woodland Clearing** are Little Seed Fields standard cabins. Invest as a SOLO booking for one or as a 'Friends Group Booking' of up to 4 guests in a double bed and a set of bunk beds (there is space for an extra bed if required). The standard cabins share a centrally heated amenity building approx. 30 meters away, which comprises two wet rooms with shower, toilet, and wash basin.

## Amenities

- Double bed and set of bunk beds
- Log stove
- Small inside table and benches
- Bedding and bed sheets
- Kettle
- Fairy lights
- Low-voltage power sockets
- Crockery and cutlery
- Outside table and chairs
- Fire pit / BBQ





# BIRD CHERRY AND MEADOWSWEET (ENSUITE CABINS)

**Bird Cherry and Meadowsweet** are 2 of Little Seed Fields ensuite cabins. Invest as a SOLO booking for one or as a 'Friends Group Booking' of up to 4 guests in a double bed and a set of bunk beds. The ensuite cabins have a private, integrated washroom with a shower, toilet, and wash basin.

## Amenities

- Double bed and set of bunk beds
- Private integrated washroom with heated radiator
- Log stove
- Small inside table and benches
- Kettle
- Fairy lights
- Low-voltage power sockets
- Crockery and cutlery
- Outside table and chairs
- Fire pit / BBQ





# FIELD MOUSE (ENSUITE)

**Field Mouse** is one of the venue's newest cabins on site; invest as a SOLO booking or as a 'Friends Group Booking' of up to 4 in a double bed and a set of bunk beds. Field Mouse cabin has a more luxurious finish and swish ensuite, integrated washroom with shower, toilet, and wash basin. We are proud to say that this cabin also has no thresholds or steps and wide access doors, making it suitable for ambulatory wheelchair users as our most accessible glamping cabin.

## Amenities

- Double bed and set of bunk beds
- Private integrated washroom with heated radiator
- Log stove
- Small inside table and chairs
- Bedding and bed sheets
- Kettle
- Dimmable lighting
- Low-voltage power sockets
- Crockery and cutlery
- Outside table and chairs
- Fire pit / BBQ
- Accessible for ambulatory wheelchair users
- Disabled parking close by/doorstep drop off upon request





# WILD BRAMBLE (ENSUITE)

**Wild Bramble** – invest as a SOLO booking for one, or as a 'Friends Group Booking' of up to 3 guests in a luxury king size bed and a single pull-out bed. Wild Bramble cabin has a more luxurious finish and swish ensuite, integrated washroom with shower, toilet, and wash basin. We are proud to say that this cabin also has no thresholds (there is a small step up into the cabin porch and wide access doors).

## Amenities

- King size bed and single pull out bed
- Private integrated washroom with heated radiator
- Log stove
- Small inside table and chairs
- Bedding and bed sheets
- Kettle
- Dimmable lighting
- Low voltage power socket
- Crockery and cutlery
- Outside table and chairs
- Fire pit / BBQ
- No thresholds and wide access doors
- Disabled parking close by/doorstep drop off upon request





# Key Information

## Dates

Arrival/Check in from 09:30am -10:00am Tuesday 18th June 2024 (Summer Solstice) - Check out of cabins before 10am - Thursday 20th June 2024

## Venue

Little Seed Field Glamping, Castiles Farm, Ripon, North Yorkshire HG4 3PU

## Ticket Limitations

Group bookings are a maximum of 4 people, known to each other, sharing one glamping cabin/lodge. See T&C's for more information. Ticket options are subject to availability. The event will run at a maximum capacity of 15 people.

## Investment & Booking

To secure your place, we offer a (non-refundable) deposit scheme; full payment is required by 31/3/24. Tickets are available for solo retreaters or for small groups of friends/colleagues who would like to share accommodation as a group booking (max group booking 3) - Please note tickets are on sale to Adults over 21 years old.

## [GET TICKETS HERE](#)

## T&C's

Full T&C's are available on the Retreat webpage - you will also receive a copy on sign-up. By purchasing tickets, you agree with the terms and conditions of the event.

## Keeping you up to date

On booking your tickets and securing your place you can look forward to some regular updates about the event. You will be asked to complete an additional information registration form, and some activities may request additional information from you on behalf of our collaborators, to ensure we can guarantee a beautiful, safe, & regenerative experience for all.





# Getting There

**Little Seed Field is situated in the Yorkshire Dales National Park.**

The easiest method to get to the venue is via car. Parking is available onsite.

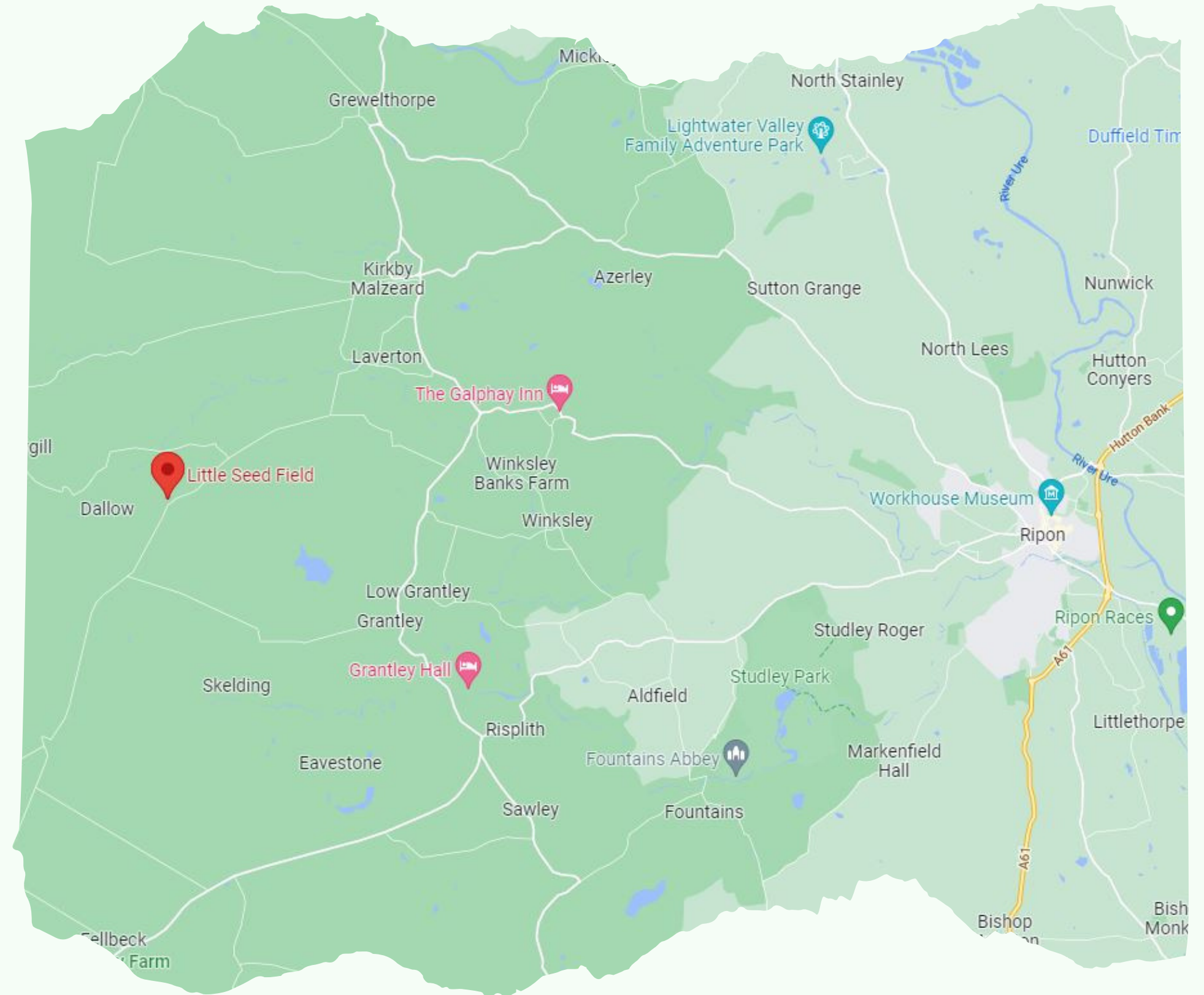
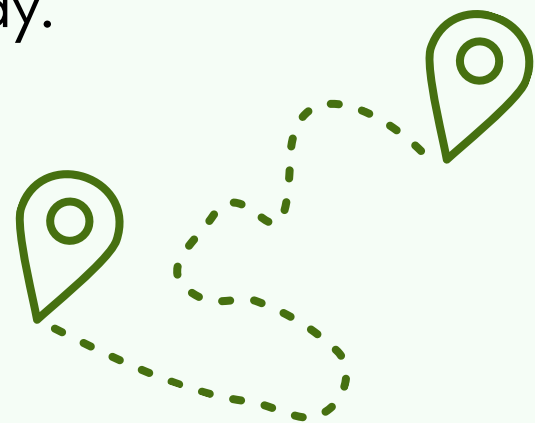
Nearest train stations are:

- Thirsk - 35 minute drive from the venue
- Harrogate - 35 minute drive from the venue

Nearest bus station is:

- Ripon - 20 minute drive from the venue

Please note, if arriving by taxi, without a car, you will need to bring along all your provisions with you, as the nearest shop is approximately 2 miles away.



*Whilst we appreciate the remote location of the retreat venue, we do encourage green travel where possible. If travelling as part of a group booking have you considered car-sharing? This helps to reduce your carbon footprint and the opportunities for a road-trip sing along is a bonus for sure! If you would like to offset your travel you can do so at ticket purchase check out by selecting the ticket add on.*



# FOOD & REFRESHMENTS

You will be provided with vegetarian and plant-based vegan options throughout the event.

Breakfast, Lunch, Dinner and Snacks.

Please let us know of any allergies or dietary requirements.



Please see our T&C's for our alcohol policy!



# Time for yourself, in Nature!



## Find your place **SOMEWHERE**

[www.wherethemindgrows.co.uk](http://www.wherethemindgrows.co.uk)

For enquiries contact [events@wherethemindgrows.co.uk](mailto:events@wherethemindgrows.co.uk)