

# STRENGTH *by the sea*



## Frequently Asked Questions

### General Information

#### Who is this retreat for?

Strength by the Sea is designed for women who are ready to pause, reconnect, and recharge. Whether you're balancing a demanding career, supporting everyone around you, or simply craving space to breathe, this weekend is for women seeking renewal, connection, movement, and wellbeing in a beautiful coastal setting.

#### What is the retreat's focus?

This retreat blends wellbeing, movement, mindfulness, and meaningful connection. Across the weekend, you'll experience guided journaling, stretch and stability sessions, HIIT, sauna and sea dip experiences, coastal walks, reflective conversations, and restorative downtime, all designed to help you reset both physically and mentally.

#### Do I need to be physically fit to attend?

All movement sessions are inclusive, supportive, and adaptable to different fitness levels and abilities. You'll be encouraged to move in a way that feels good for your body, with options and modifications available throughout the weekend.

### Logistics & Preparation

#### Where is the retreat held?

The retreat takes place at Cullen Community Centre in the beautiful coastal town of Cullen, Moray, Scotland. Full joining information, accommodation details, and travel guidance will be provided after registration.

#### What should I bring?

We recommend bringing:

- Comfortable clothing for movement and outdoor activities
- Swimwear and warm layers for the sauna and sea dip
- Walking shoes or trainers
- A backpack and reusable water bottle
- A yoga mat
- Towel and toiletries
- Any personal items that support your comfort and wellbeing

Bedding will be provided but you may wish to bring a sleeping bag with you if you prefer your own comforts.

#### Is accommodation and food included?

Your retreat package includes shared dorm room accommodation, and shared bathrooms. Nourishing meals, snacks, and non-alcoholic refreshments will be provided throughout the weekend. Meals are thoughtfully planned to support wellbeing and energy, with dietary requirements catered for wherever possible.

#### What are the timings of the weekend?

Arrival is from 4:00pm on Friday, and we kindly ask that all guests vacate the accommodation by 10:30am on Sunday.

#### Is travel included?

Travel to and from the retreat is not included.

*Stronger together.*

BY THE SEA.



COMFORTABLE  
ACCOMMODATION



WHOLESOME,  
DELICIOUS FOOD



RESTORE. REFUEL.  
BE YOU.

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## Frequently Asked Questions Contd.

### Programme & Participation

#### Will I be expected to share personal experiences?

You'll be invited to take part in reflective activities and group conversations, but sharing is always optional. Creating a safe, welcoming, and supportive environment is central to the retreat experience.

#### What if I don't know anyone attending?

Many women attend solo, and that's part of the magic. The weekend is designed to help you feel comfortable from the moment you arrive, with relaxed opportunities to connect, share experiences, and build genuine friendships.

#### Is there downtime or personal space?

Absolutely. Alongside the scheduled sessions, there will be quiet time to rest, walk along the beach, reflect, or simply enjoy the peaceful surroundings.

#### Can I opt out of certain sessions?

Yes. While we encourage you to fully embrace the experience, you're always welcome to step back, rest, or take time for yourself whenever needed. Your wellbeing comes first.

### What You'll Experience

Throughout the weekend, you'll enjoy experiences including:

- Guided journaling
- Stretch & stability sessions
- HIIT training
- Sauna & sea dip experiences
- Guided coastal walks
- Fireside beach conversations
- Mindfulness and relaxation practices
- Connection with like-minded women in a supportive environment

#### What will I leave with?

Our hope is that you leave feeling stronger, calmer, more connected, and re-energised with practical wellbeing tools, renewed confidence, and meaningful memories from your time by the sea.

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