



ASHMIRA
BOTANICA

New Year Retreat

Sound Healing - Cacao Ceremony - Vision Board Crafting
Drumming Circles - Yoga - Nourishing Food



THURSDAY 25th JANUARY UNTIL SUNDAY 28th JANUARY 2024



Middle Coombe Farm, Uplowman, Devon, EX16 7QQ

Start your year with magic...



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When we re-emerge from the busyness of the winter holidays, it is easy to feel overwhelmed by the societal pressures of a new year, and what the future may bring.

This retreat is a sacred opportunity to welcome in the new gently, carefully, and by honouring yourself. We will take time to nurture our spirits, listen to the whispers of wisdom within, and cultivate a strong sense of self-love.

During our time together you will experience a thoughtfully crafted selection of workshops that take you on a deep journey through self-care, reflection and the connection to your spirit.

We will be harnessing the power of sound, ceremonial cacao, inner vision, yoga and community to start your year surrounded by like-minded people who support your dreams and intentions. You will be held in a safe space that is here to help you grow, thrive and feel inspired.

Meet your hosts...

Harriet Emily

Harriet Emily is a deeply experienced sound healing facilitator and wellbeing practitioner. She began her work 9 years ago and loves to facilitate transformational journeys through meditation, sound and relaxation. She has held sound healing experiences worldwide for thousands of people, and has her own studio inside of Harrods, Knightsbridge. She will be leading you through your sound bath journeys, vision board workshop and meditations.

Tracey Smith

Tracey is the creator and founder of the holistic skincare brand, Ashmira Botanica. Her product range is inspired by Traditional Chinese Medicine and takes you on a journey through the Elements that empowers your healing journey and realigns your body into inner harmony. Her spiritual work began over 25 years ago, and she works with spirit to facilitate deeply transformational cacao ceremonies and energetic healing. She will be leading you through your cacao ceremonies, biorhythm workshop, and bespoke face mask workshop.

Rooms and Availability

Double Bed En Suite Room: £850 (5 available)

Double Bed Room - No En Suite: £800 (1 available)

Sharing Room - No En Suite: £750 pp (4 beds available)

How to book:

Please email info@harrietemily.com listing which room you would like to book. Harriet will then send you a booking form and invoice to confirm your booking.

