

THE MODERN SANCTUM

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The Story

The secret to looking and feeling good starts with self-love and knowing your self-worth.

Having experienced some channelling life experiences, I now know how to empower and heal my mind through meditation and mindfulness. I have been on the path to understanding and breaking deep-rooted bad habits that have healed by pain and have made me gain faith again in my life. The hardest part about change is about not making the same choices you did before.

Once you have mastered a few techniques you can train the brain to no longer be a record of the past, it is a map to the future. The hardest part is to teach our body emotionally what the future will feel like, ahead of the actual experience. I used to spend my whole life waiting for something out there. Now, I'm the creator of my world, my thinking and feelings have changed my outcome in my life and I have stopped blaming others for the pains that were once in my life.

I created The Modern Sanctum as a representation of my life. I have built a package around the aspects that make me look, feel and perform at my best. On the days when I'm pressed for time, I do a twenty minute High-Interval Training blast to improve my heart health and always give love to my spine with a few spine lengthening floor exercises before bed. I like to end my month with a water fast - that's one of my biggest secrets as it can reboot the immune system due to stem cell based regeneration.

When I have lost my flow I resort to a spiritual cleanse with an Energy Healing, I don't spend my valuable time holding onto blocked emotions anymore and sometimes we need help with raising our vibration. I also don't shy away from a few botox injections, as it works! The hardest thing for me to change was my mind, as I'd often hold onto negative thoughts that would hinder my life. Now I practice inhaling love and positivity and exhaling anger and sadness, it's a strategy of life! It's only your choices that matter and by having the knowledge and notion to bring things into the experience and eliminate from it we can create a whole new way of experiencing life.

I like to think of myself as the modern woman and I practice what I preach and would love the opportunity to share it with you.

The Mission Statement

We are a Sanctum of self-improvement, that's time invested in one's self. Here, your goals should be to break habits that do not serve you, be willing to let go of who you have been and become who you are meant to be.

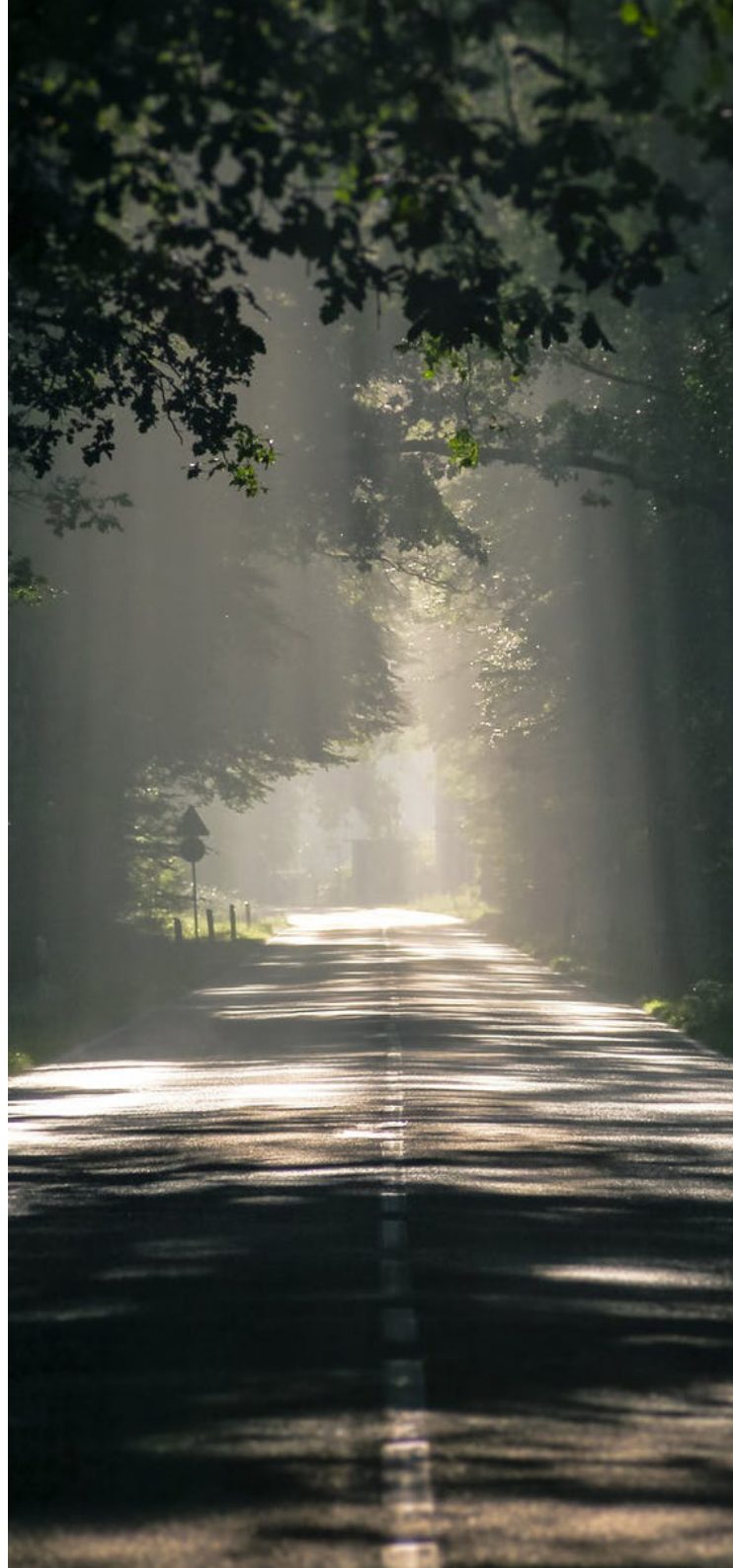
We have been the caterpillar, now it's time to be the butterfly!



Our Process

The Modern Sanctum is a dynamic retreat company that specialises in transformation. It's our mission to understand the principles required for personal development and to adopt a strategy that delivers results within a one week period. Most clients are looking for small changes or a fresh start.

Here, we look to accommodate the client for six nights in a luxury villa where a team of experts will guide them through the week's activities based upon, self-awareness, mindfulness, nutrition, physical exercise and healing.



Stage One - Life Coaching

The power lies within our thoughts.

Stage Two - Fitness

Morning yoga, HIT training, cardio and weights - align the body, strengthen the backbone, build stamina and improve heart health.

Stage Three - Nutrition

Know the power of food and how nutrients can cleanse the body.

Stage Four - Energy Healing

Give love back to yourself by letting go of emotional blockages.

Stage Five - Aesthetics

The finishing touches to feel great.

Our Philosophy



The Principles

Our main principle is personal development based upon self awareness, mindfulness, nutrition, physical exercise and healing for clients looking for small changes or a fresh start.



The Method

Our team of experts will guide you through the week's activities by offering knowledge on nutrition and exercise. Through a variety of treatments, group sessions and one-to-one meetings with qualified specialists our guests feel more themselves.



The Formula

Our team creates the ideal environment for self education and we promise innovation and dynamic teaching methods. Here you will gain a new perspective on life and go on an adventure with your inner self. The retreat is set in a luxury villa, with nature on our doorstep, helping the client to unwind.



Business Philosophy

For a person to invest time in themselves, it's our promise to deliver excellence and we have devised a week's schedule based upon this.



The Product

Life Coaching - one-to-one session with our life coach on personal goal settings, and an hour's group seminar on training the subconscious mind.

Morning yoga sessions, afternoon High Interval Training and daily outdoor cardio sessions that focus on body conditioning, weight loss and toning. Some sessions connect with nature by using different outdoor locations. Our fitness team from London are fully qualified and offer the best practice at all levels.

Enjoy carefully planned meals, a protein shake, lunch and dinner. A one hour talk with our nutritionists focuses on the power of food and how nutrients can heal the body and prevent disease. Our aim is to offer knowledge of nutrition and exercise that can be incorporated into our everyday lives. We aim to provide tasty, comforting and nutritious meals by working with a nutritionist and top catering company.

A Spiritual Energy Healing session focuses on emotionally realising and unblocking bad experiences that we've endured along life's journey. A one-hour group seminar on self-awareness, the power of the mind that you can harness to enhance your health and promote wellbeing.

A leading practitioner will be onboard to take care of any aesthetics requirements. There is also the option for less invasive treatments like massage and facials. This, of course, can be an optional service alongside aesthetics procedures yet The Modern Sanctum offers complicity in comparison with the wants and needs of the modern person.

Our Culture

Retreats are about going deeper and create an opportunity for us to explore new ways of being and to consider changes we might want to bring into our lives. When people go on retreat, they are often seeking a new perspective.

When people go on a retreat they are making a statement about investing in themselves. People are retreating to places that often support them in places of questioning their life's purpose, or an aspect of their life – like their physicality, spiritually or wellness.

Some go on a retreat to get a fresh view on their career paths, let go of habits or self-limiting beliefs or even seek answers to heal life's challenges. This needs to be portrayed in a dynamic manner that is fresh and uplifting, not group coffee mornings. It's all about taking control and facing new challenges.

My future intentions are to offer bespoke retreats more specific to a particular group. i.e boxing, bodybuilding competitions, over sixties, men only. The under thirties seem to be attracted to retreats to get them in shape for a particular event or holiday coming up. The new youth focus on looking good and use the retreats for going that extra mile.





Company Facts

The Modern Sanctum is a new business, only trading since 2017, yet has done quite a few retreats.

I noticed that clients being away from home and in a nurturing environment tended to offload a few emotional issues. This is what made me think of life coaching as everyone is in need of some one-to-one sessions these days. I didn't want the sessions to just be offloading but to be positive and uplifting with the notion that everything is possible with the right mental attitude.

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