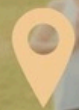


Soul Path Retreat

30th July - 2nd August 2026



The Vedanta
Lincoln Road, Branston, Lincoln

OMLIFE

Experience Spiritual Wellbeing

Step Out of the Chaos, Into the Clarity You Deserve

At OmLife, we understand the feeling of being overwhelmed by life's demands and disconnected from your true self. We know what it's like to feel burned out, caught in the cycle of stress, or being uncertain about your purpose. That's why we've designed our retreats to offer what modern life often lacks—the **space, guidance, and practices** to **reconnect** with yourself, restore balance, and rejuvenate your spirit.



IS LIFE FEELING OVERWHELMING?

Are you tired of feeling stuck in a routine that drains you, or struggling to find balance amidst the chaos? Our wellbeing toolbox offers the practices you need: **Yoga, Breathwork, Meditation, Kirtan, Creative Wellness Experiences, Vedic Astrology** (and so much more!).



omlife.co.uk

“HERE’S TO A HAPPIER & HEALTHIER FUTURE.”

“I had the pleasure to meet and connect with wonderful souls, it truly was a wonderful weekend to savour, treasure and take so much from. Here’s to a happier, healthier future. The OMLIFE retreat filled my cup of brim with joy and gratitude.”

YOUR WELLBEING JOURNEY AWAITS

From nature led activities to creative art sessions, our diverse offerings will help you restore your energy and find lasting inspiration. These practices aren’t just for the retreat – they’re tools you can carry with you into daily life.

“MORE THAN A RETREAT - A WAY OF LIFE”

WHAT’S INCLUDED?

- Three nights stay at our stunning venue
- Nourishing meals & our refreshments station, with teas, coffees and hot drinks
- Daily workshop and classes
- Daily early morning yoga, meditation and breath work
- Kirtan (mantra meditation)
- Access to our beautiful forest area and grounds
- Access to our venue facilities (swimming pool, spa area with a sauna, steam room and jacuzzi, 24-hour gym and games room)
- Compassionate listening
- Complimentary OMLIFE goody bags & gifts!



A SAFE & SUPPORTIVE SPACE

Our hosts are passionate about creating a home away from home - offering a friendly, welcoming environment where you can feel safe and supported. They take great pride in offering a transformational experience, with compassionate listening available if you need to speak to someone.

JOIN US & FIND YOUR PEACE

Come to OMLIFE. Step out of the chaos and into the clarity you deserve.

Let us help you create the life you've been seeking - one of peace, purpose, and joy!

“Everything I needed....”

“I am deeply grateful for the incredible experience at the retreat. Every aspect- from the serene surroundings to the carefully curated activities. OmLife fostered a truly nurturing space for growth, relaxation, and meaningful connections. It was everything I needed and more.”



Have you considered exploring spirituality?
NOW IS THE TIME.



A Glimpse of the OMLIFE Experience

Alongside an action packed schedule, we ensure there's time to reflect, soak it all in, and rest. You'll also have access to a spa for moments of relaxation and rejuvenation!

Come to OmLife. Step out of the chaos and into the clarity you deserve. Let us help you create the life you've been seeking - one of peace, purpose, and joy!

OMLIFE Experience Spiritual Wellbeing

@EXPIENCE_OMLIFE

TO KNOW MORE

- Visit www.omlife.co.uk
- Fill out our enquiry form
- Or contact Tina:
tina.parmar@omlife.co.uk

SECURE YOUR SPOT TODAY!

