

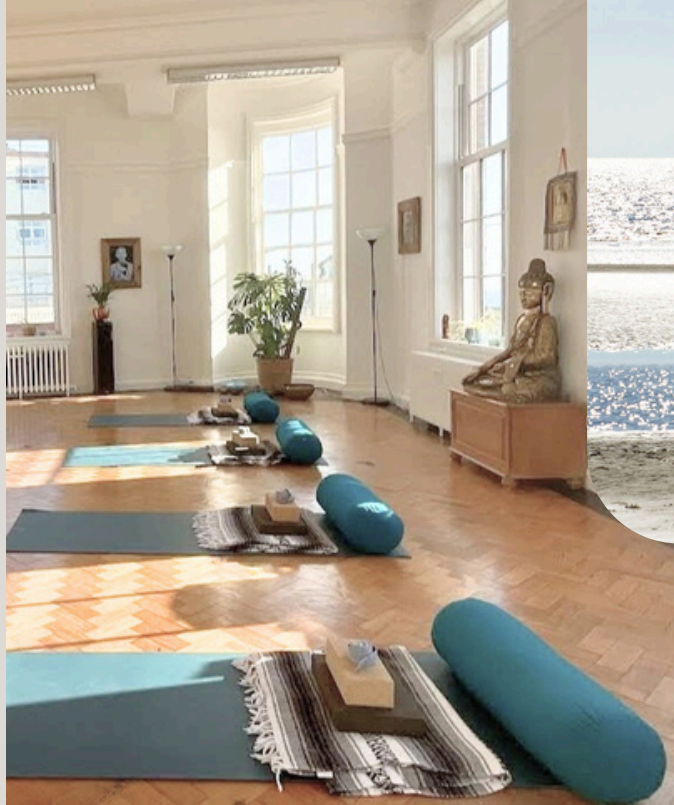
# Blackpool Retreat with Zohalogy

30.8.-3.9.2025 (5 days, 4 nights)

Escape your busy life for a week of energetic and emotional release in Blackpool (only 3 hours from London). Enjoy the sound and feel of the ocean, lean back, relax in the sauna, socialise with like-minded people in an environment that is free of judgement, psychologically safe, and where you can open up authentically as a human being.

Experience spiritual and psychological support guided by professionals.

Give your mind, soul, and body a vacation utilising the power of earth, spirit, and science.



+44 (0) 790 28 14 292  
Wellbeing@Zohalogy.com

[WWW.ZOHALOGY.COM](http://WWW.ZOHALOGY.COM)



## Blackpool ← Yoga Studio

The retreat will focus on energetic groundwork and self-empathy exercises working your lower chakras to reconnect with earth and yourself.

The Yoga Studio is just across the property and helps us to leave stagnant energies behind separate from our space of relaxation and socialising.



Onyx House





# Onyx House's common spaces



Beach room (sea view)

Sauna

Library

Champagne lounge

40m from the beach





# First floor bedrooms



Room #2  
Double bedroom  
Ensuite bathroom



Room #1  
2 single or 1 super  
king size bed  
Sea view  
Ensuite bathroom



Bedroom #3  
King bed  
Shared bathroom  
Sofa



Bedroom #4  
2 King beds  
Shared bathroom





# Second floor bedrooms

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Room #5  
Super Kingsize bed  
Sea view  
Ensuite bathroom

5



Room #6  
Double bed  
Ensuite bathroom



6

Room #7  
Double bed  
Shared bathroom  
Sofa

7



Room #8  
2 King or 4 small single beds  
Shared bathroom

8



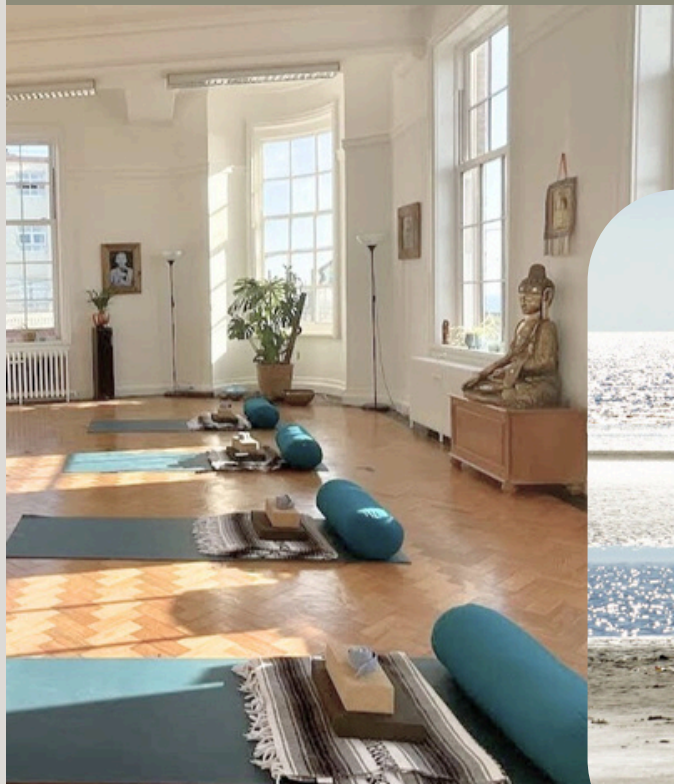


# A retreat program to relax

- Saturday, 30.8.: relaxed arrival at your preferred time from 11 am onwards (trams nearby), check in, opening Reiki ceremony with everyone at 4 pm, dinner, evening walk by the beach, sauna time
- Sunday, 31.8.: breakfast, breathwork at the Yoga Studio, group exercise (What shadows do I cast?), group Reiki, reflections, self-empathy essentials (part 1), lunch, free time/beach time/sauna time, dinner, evening circle for reflections, evening Reiki and sound therapy, journaling exercise
- Monday, 1.9.: breakfast, group Reiki by the beach, self-empathy essentials (part 2) at the Yoga Studio, Reiki-infused sound therapy, lunch, free time/beach time/sauna time, little celebration in the champagne room, dinner, banishing ritual
- Tuesday, 2.9.: brunch, learning about energies and spiritual hygiene, smudge wand making for cleansing rooms at home, breathwork and sound therapy at the Yoga Studio, free time/beach time/sauna time, dinner, self-empathy exercise, evening circle for reflections, Reiki by the beach
- Wednesday, 3.9.: breakfast, feedbacks, reflections and goodbies, manifestation ritual and closing ceremony by the beach accompanied by Reiki, relaxed check out (by 3pm)

## Blackpool Yoga Studio

When we leave our stress, heavy emotions, stagnant energies, and old patterns behind, we want to separate this space from our shelter and home. The Zohalogy retreat is ideal for this and in Blackpool we will do any exercises in the Yoga Studio next door instead of bringing this energy into the space where we want to enjoy, be together, and relax.



Zohalogy retreats are organised and operated by Zoha herself to ensure a carefully curated program. She is the Founder of Zohalogy, a Reiki Master, Psychologist, a Spiritual Alignment Coach, and an Empathetic Communications Trainer.

Tina Nahidi will guide parts of the exercises as a certified Sound Therapist and Breathwork Practitioner.







## What you'll do

Book the retreat (and train ride or car hire if applicable).

Pack your favourite vacation attire.

Relax and enjoy that you've planned your prime relaxation program.

## What we offer

- ⊕ **Relaxed Reiki program**  
Enough breaks but effective exercises
- ⊕ **Catering provided**  
Breakfast or brunch, lunch and dinner provided by Zohalogy
- ⊕ **Using the power of the ocean**  
40 meters from the beach  
walks and exercises by the beach
- ⊕ **Linen**  
Towels and bed linens provided

## Booking and questions

Contact [Wellbeing@Zohalogy.com](mailto:Wellbeing@Zohalogy.com) or 0790 2814 292 for any of your queries and your booking request (including your preferred room and number of occupants).

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\* Prices per guest for your preferred room are shared upon request.

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## Limited spaces

Make sure to book quickly to save your spot(s).

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# Zohalogy Retreats