

About Us

SOUL ADVENTURES IOM

Hi, I'm Kate and I'm the founder of Soul Adventures Isle of Man. We're an adventure and wellness company providing a range of soulful and exhilarating nature-based experiences around our magical isle that people like you and I will go wild for!

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SOUL
ADVENTURES



Our Services

With remote working becoming the norm, it's now even more important to get your team together in-person. Our 'Out Of Office' corporate days aim to embrace nature and human connection to re-energise and re-engage your employees.

By combining the breathtaking natural wonders our island has to offer, with expert knowledge and our personal, friendly approach, Soul Adventures can create a truly inspirational and unforgettable experience for you and your workforce.

DISCONNECT FROM THE DAILY GRIND
AND RECONNECT WITH NATURE



Wellbeing Retreat

Our Wellbeing Retreat aims to relieve tension, lower stress levels and help bring your team back to collaborating in a stronger, happier and more efficient way.

We combine spa activities and a homely lunch in a secluded woodland haven to bring the calming influence of nature back to your office.

Get in touch to start planning your Wellbeing Retreat!

Our itinerary includes:

- Two on-site jacuzzies
- Traditional wood fired sauna
- Wild woodland walk to the magical faery rock pool
- Guided cold water therapy session
- Nourishing homemade two-course lunch, served family-style inside our rustic converted mill.
- Back, neck and shoulder massage
- Yin Yoga and breathwork
- Socialising around the fire pit
- Time for team meetings



ACTIVITIES MAY CHANGE DUE TO WEATHER AND TIME OF YEAR. OUR MASSAGE, COLD WATER AND YOGA THERAPISTS ARE FULLY QUALIFIED AND TRAINED TO ENSURE THE SAFETY OF YOUR STAFF MEMBERS.



Rewilding Retreat

Full or Half Day

Our Rewilding Retreat offers immersive time 'Out Of Office' giving you the opportunity to work together in a space that fosters collaboration and bonding - with no distractions.

Our Full Day itinerary includes:

- Team 'checking in' activity
- Nature walk and connection in Ballaglass Glen
- A practical introduction to fire skills
- Lunch prepared over the fire
- Unlimited teas and coffees
- Two of the following guided activities:
- Breathwork
- Plunge in Ballaglass Glen
- Yin Yoga and relaxation
- Bushcraft workshop

With lots of fresh air, space to roam and good old-fashioned fun, your team are guaranteed to bring energy and comradery back to your workplace.

Get in touch to start planning your Rewilding Retreat!

Half Day Retreaters can choose either the practical fire skills session or one of the guided activities.





YIN YOGA

When it's not ideal to spend a day 'Out Of Office', Soul Adventures can bring calming wellness activities to you. Our Yin Yoga can be performed in an area of your workplace, using guided meditation, soothing music, candles and incense to enhance the experience.

We'll target areas of tension and discomfort, incorporating gentle stretches to counteract prolonged sitting.

Get in touch to start planning your Yin Yoga session!

Benefits of Yin Yoga:

- **Increased Focus, Productivity, and Creativity:** Mindfulness helps sharpen your focus and enhances cognitive abilities, allowing you to work more efficiently and creatively.
- **Reduced Stress and Improved Well-being:** Mindfulness and Yin Yoga help lower stress levels, promote relaxation, and improve overall well-being.
- **Enhanced Work-Life Balance:** By integrating these practices into your routine, you can help reduce burnout and increase job satisfaction.



I AM A FULLY QUALIFIED YIN YOGA INSTRUCTOR AND FULLY TRAINED TO ENSURE THE SAFETY OF YOUR STAFF MEMBERS.

Soul Adventures

Using our island's breathtaking natural wonders, we can't wait to bring the calming influence of nature back to your place of work.

All our soulful and exhilarating nature-based experiences are fully customisable and can be tailored based on your requirements. We're excited to get planning, so get in touch!

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Choose a Service

> **Wellness Retreat**
at Mill House

> **Rewilding Retreat**
at Ballaglass Glen

> **Yin Yoga**
at your office, a studio or glen

> **A totally bespoke package**
tailored for you and your team

Just let us know:

*What you'd like to get out of the event

*How many attendees

*Duration of the event:

Full Day/ Half Day/ Weekend

*Activity ideas

*Indoor or outdoor venue

And we'll create something your team will go wild for!



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