

EXPERIENCE

a unique
7 day
RETREAT

and a three month coaching programme that will

CHANGE
your life





THE RETREAT

the perfect environment

The LifeCraft Experience is about you being fit, challenged, happy and fulfilled. It helps you look at you, and how to realise your goals and aspirations.

The LifeCraft Experience retreat offers the perfect environment for you to relax and re-focus on how you want to live the rest of your life. The LifeCraft Experience provides you with the tools, tips and techniques for you to take responsibility for your health and well-being.

Come prepared to talk, learn and laugh together. The retreat is a life changing experience.

time and space for everyone

The retreat is the ideal opportunity for you; or you and your partner; or you and a group of friends or colleagues, to benefit from a 'time out' in a stunning, peaceful and tranquil setting.

The LifeCraft Experience is for people of all ages. From young professionals seeking a little more of life's meaning amongst the hectic schedule of the modern working environment, to the mature and child independent couple looking to plan the next decades of their active lives.

This is your opportunity for time and space for you.

Looking to distant horizons



Yoga on deck

LifeCraft has brought together practical, powerful and effective strategies for unlocking your hidden potential and to help you transform the key areas of your life including:

- Career.
- Relationships.
- Health and well-being.

The LifeCraft Experience is far more than a retreat; it is a four month journey of self enquiry, reflection and goal setting leading to positive personal change. The programme includes:

- Pre retreat personal profiling.
- The residential retreat.
- Post retreat life coaching.



THE RESULTS

what you will gain

Participating in this unique programme will enable you to regain full and complete control of your life. On the retreat you will:

- take part in a unique set of workshops,
- sample a number of complementary therapies,
- mix with a diverse group of people,
- visit one of the most spectacular coastlines in the Mediterranean,
- re-discover what it means to find real and sustained solitude,
- exercise, think, laugh, talk, eat, drink in a magical environment of peace and tranquillity and
- relax, enjoy and learn about you.

You will return home :

- with a greater understanding of your personality and how to get the best from your relationships,
- knowing what you can do to give yourself more energy and vitality,
- aware of what you value most in your life,
- appreciating the heights of achievement you have already reached in your life,
- having created a picture of a positive future released from the word can't,
- with a number of SMART goals and access to the support you need to complete them and
- knowing what you need to do to be in control of the rest of your life.

In short you will return home a new you.

Time and space to develop

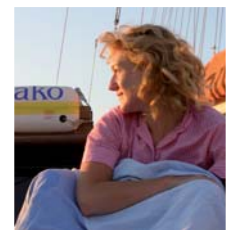


You will also gain a whole new bunch of friends

LifeCraft guarantees that by participating fully in the programme, you will see real and positive changes in your life. If, on completion of the whole programme you cannot show any change in physical, mental, emotional or spiritual well-being, LifeCraft will give you your money back; unconditionally.

Grace, Holistic Therapist.

I have come back feeling revitalised and feeling as if my destiny is in my hands. You have given me the tools for success and happiness and for that I am truly grateful! I have already set my changes in motion and will be squeezing every last bit of goodness from my experience out!



Distant mountains

OUR LOCATION

cruising the Turquoise Coast

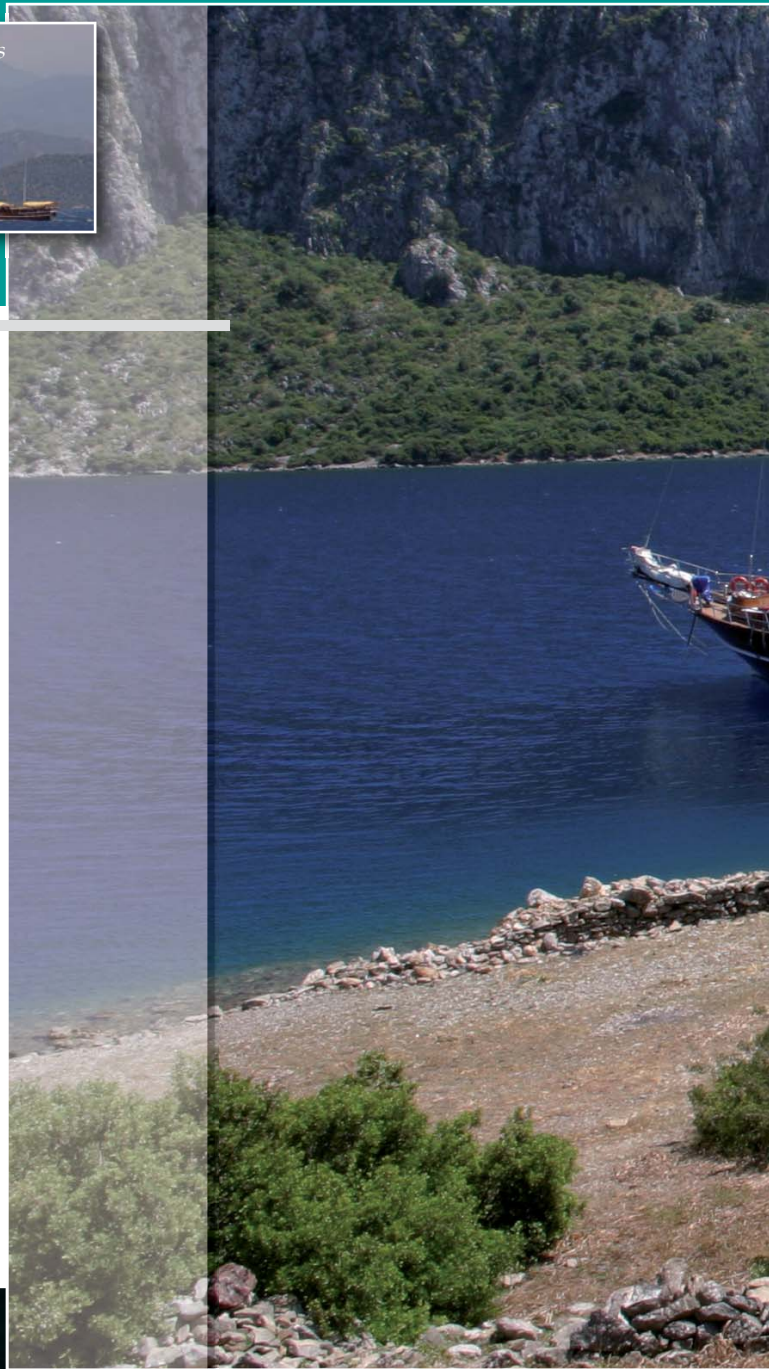
The LifeCraft Experience operates out of the idyllic port of Marmaris on the western coast of Turkey.

The region is commonly called the Turquoise Coast. This does not do justice to the colour of the sea, the water positively sparkles, it is so clean and clear.

The rugged mountains of the region offer a truly majestic tranquillity in that they cradle and protect many of the bays and coves you visit. The result is an overwhelming sense of sanctuary that is so consuming, time becomes irrelevant.

You are able to swim in the crystal clear waters, unwind from the stresses of everyday life and experience the welcoming nature of the local people.

Put simply the location is stunning.



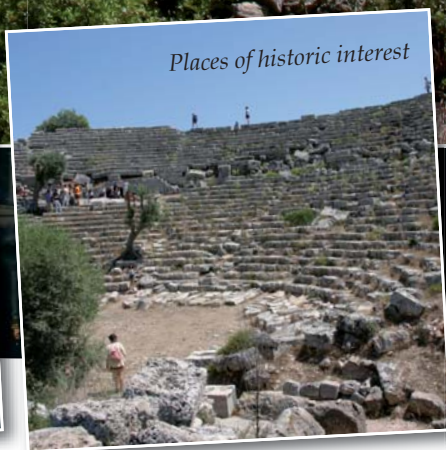
Calm seas



Secluded coves



Beautiful beaches



Places of historic interest



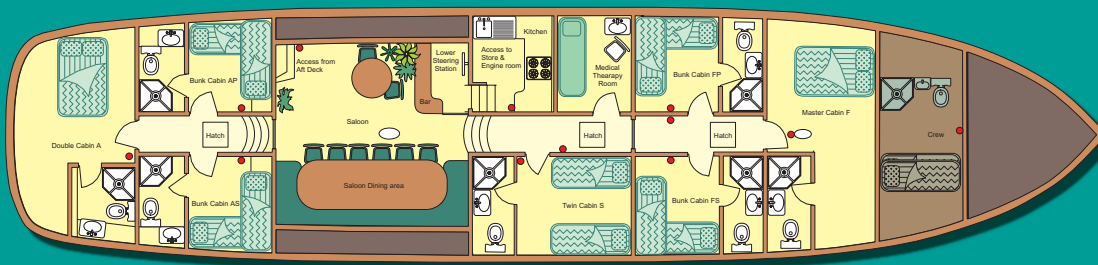
Picturesque towns

The LifeCraft Experience is centered around the idea of coast hopping, you seldom if ever are out of site of land. Many of the anchorages are quiet and secluded, away from the hussle and bussle of urban life. The location for the LifeCraft Experience has been carefully selected to provide you with an environment were personal development happens.

Nigel, Business Consultant.

A steady step by step journey giving me the opportunity to have white space. Some of the goals I can now see are achievable, before they were dreams. I would like to thank everyone for their company and companionship.





THE YACHTS

traditional and spacious

The modern Gulets used by LifeCraft are charter versions of a traditional wooden ship originally used as a cargo vessel in the eastern Mediterranean. Generally in the region of 80 to 100ft in length, these new yachts have up to 16 berths, usually have 2 masts and are stable, comfortable vessels.

Compared to more traditional pleasure yachts, there is a lot of space. The cabins are very roomy with comfortable twin and double berths. All cabins have en-suite toilet facilities including hot showers, which are excellent in yachting terms. Useable deck space is a key feature of the Gulet. Most activities including exercise, eating, workshops and occasionally sleeping take place in the open air.

A Gulet crew usually comprises of a Captain, Cook and Deckhand. Larger Gulets often have four or more crew; your vessel will have a minimum crew/staff of six, an unparalleled staff/guest ratio of at least 2:1.



Luxury yachts



Spacious cabins

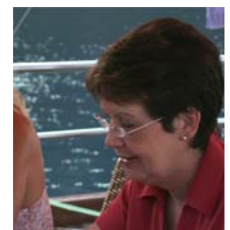


Relaxing on deck

The Gulets have sails but do not need to rely on the wind for getting about. Large engines are the norm in these 100 plus tonne vessels and they can reach speeds of 12 knots. Normal cruising time is in the region of 4 hours per day.

Ros, Company Director.

"Before I went, I was in a rut. I felt downtrodden and overburdened year on year. I'm more positive now, both personally and professionally, and am more relaxed at work. If things aren't going well, I stop, go down the gym and come back later. It's a small change but it makes a big difference."





ITINERARY

a typical day

Rising at dawn is not compulsory but refreshments on deck to watch the sun come up at least once during your retreat is highly recommended.

Most days begin in a relaxing way with yoga and meditation followed by a traditional Turkish breakfast. After breakfast there are group discussions and confirmation of the timetable for the day.

During the morning the yacht will set sail to a new location and will moor up for a topic taster workshop on themes such as health, relaxation, setting goals, self-limiting beliefs, and managing pressure.

These workshops are followed by lunch and some quiet/own time. A complementary therapist is on hand offering a variety of treatments. There will also be plenty of time for one to one coaching, reading, reflection and other activities.

In the late afternoon there will be another topic taster, also opportunities for more recreational activities, coaching and complementary therapies.

Dinner tends to be after dark and special occasions such as birthdays can be catered for.

After dinner is very much a time for conversation, fun and games, with many guests retiring early, often on deck under the stars.

Workshops



Games



Celebrations



All the photographs in this brochure were taken during the previous seasons by the LifeCraft photographer. They are of real people and events and have been included with the understanding of the subjects.

A photographer is present on each of the Experiences and is there to record the events on behalf of the guests as they happen. Each guest receives a CD of between 150 and 200 images on their return to the UK.



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THE LIFECRAFT EXPERIENCE

personal development workshops, seminars & retreats

The jewel in the crown of the LifeCraft Experience 4 month programme is this yacht based residential retreat in the eastern Mediterranean. The retreat provides you with the opportunity to focus, enabling you to shape your future. On the retreat you chart your own personal voyage of discovery whilst cruising the beautiful coast of western Turkey.

During the week you get time and space to relax, enjoy and learn with a mixture of workshops, excursions, exercise, therapies and free time.

Your home for the week is a yacht, in the region of 95ft long, with a huge amount of deck space. Your cabin is spacious in yachting terms, though you are unlikely to want to spend much time in it.

The LifeCraft Experience programme is about you. You giving yourself the time and space to create your new future; the whole idea of you joining the LifeCraft Experience is to attend the unique retreat and escape from the distractions and pressures of everyday life, to let you combine relaxation, fun and learning and improve the future quality of your life.

Experience this life changing programme and learn how to live the life of your dreams.

Booking.

Booking your place on this exclusive programme is as simple as picking up the phone, registering your details and paying your deposit with your credit card. Alternatively you can send a cheque with details of the dates you wish to depart.

Due to the limited number of places, generally less than 50 in any one season, bookings are on a first come first served basis. Once all the places have been reserved you can opt to go on a waiting list.

Please ask for a copy of the Details and Terms to make the most of your booking.

your hosts

Heather Girling BA and Peter Mayes BSc run LifeCraft and are your hosts on the 2007 Experience retreats. Heather is the lead facilitator in LifeCraft, a business specialising in helping individuals and organisations increase their effectiveness through personal well-being. Heather leads a team of 3 (minimum) on each of the Experiences and draws on the expertise of a number of associates. Each Experience includes a complementary therapist and life-coach.

Heather is a psychologist and has particular expertise in developing workable well-being strategies. Her approach has grown from experience gained through working with individuals and organisations to address the interrelationships between health, well-being and performance.

Other activities run by LifeCraft include:

- Encounter weekend retreats and the
- Discover You workshops, which run in the UK.

LifeCraft also runs:

- ILM endorsed awards in Manager Development and Stress Management,
- Workplace Well-being audits,
- training and consultancy for both private and public sector organisations.



Louise,
Therapist

Heather,
Psychologist

Evelyn,
Coach