

# **Finance & Wellness Retreat with Shifting Shares**

*Wynyard Hall, 9-11 September 2025*

In partnership with



**xtb**



# Itinerary - Finance program

## *Tuesday 9th September - Arrival Day & Welcome Dinner*

- 15:00 - Check in
- 17:00 - Welcome drinks
- 18:00 - 3-course dinner in The Londonderry Room
- 20:00 - After-dinner drinks (optional)

## *Wednesday 10th September - Sessions*

- 06:30 - Breathwork, yoga, and meditation wakeup session
- 07:00 - *Session 1: News & Market Open* or mindful forest walk
- 08:45 - Breakfast
- 10:15 - *Session 2: How To Find Stocks That Beat The Market*
- 13:00 - Lunch
- 14:00 - *Session 3 - ETFs & How To Build a Diversified Portfolio with XTB*
- 16:00 - *Session 4 - Risk Mgmt & Position Sizing For Account Growth*
- 18:30 - 3-course dinner at The Glass House Restaurant
- 20:00 - After-dinner drinks (optional)



## *Thursday 11th September - Sessions & Depart*

- 06:30 - Breathwork, yoga, and meditation wakeup session
- 07:00 - *Session 5: News & Market open* or mindful forest walk
- 08:45 - Breakfast
- 10:15 - *Session 6: Stage Analysis and Q&A*
- 13:00 - Lunch in The Glass House restaurant (optional)



# Itinerary - Wellness program

Hosted by Nora from Light & Grace Yoga



## *Tuesday 9th September - Arrival Day & Welcome Dinner*

- 15:00 - Check in
- 17:00 - Welcome drinks
- 18:00 - 3-course dinner in The Londonderry Room
- 20:00 - After-dinner drinks (optional)

## *Wednesday 10th September - Sessions*

- 06:30 - Breathwork, yoga, and meditation wakeup session
- 07:00 - Mindful forest walk
- 08:45 - Breakfast
- 10:15 - Session on high performance mindset and relaxation tools followed by yoga
- 13:00 - Lunch
- 14:30 - Walk through the rose garden, "farm to table" vegetable gardens, and woodlands
- 16:00 - Afternoon spa session or group journaling with goal setting and manifestation techniques
- 18:30 - 3-course dinner at The Glass House restaurant
- 20:00 - After-dinner drinks (optional)

## *Thursday 11th September - Sessions & Depart*

- 06:30 - Breathwork, yoga, and meditation wakeup session
- 07:00 - Mindful forest walk
- 08:45 - Breakfast
- 10:00: - Morning spa session or group journaling with goal setting and manifestation techniques
- 13:00 - Lunch in The Glass House restaurant (optional)

**The itinerary is designed to offer the finance retreat program for one person and the wellness program for an additional person to add on to your room**

£1,749 (£1,457.50 + VAT) for the finance program:

- Luxury double rooms in Wynyard Hall both nights
- Breakfasts, dinners, lunches, and drinks included

£249 (£207.50 + VAT) to add a second person to your room for the wellness program including all of the above.

**[Confirm your early bird place here](#)**

*Every finance program attendee gets free access to UK Stock Trader Pro (£689) to continue their education after the Retreat*

### How to get there:

Wynyard Hall  
Wynyard  
Stockton-on-Tees  
TS22 5NF

### Links to hosts:

[www.instagram.com/shiftingshares](https://www.instagram.com/shiftingshares)  
[www.lightandgraceyoga.com](http://www.lightandgraceyoga.com)