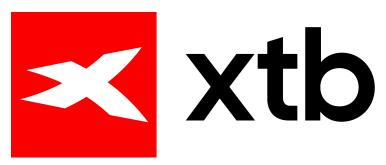
Finance & Wellness Retreat with Shifting Shares

Wynyard Hall, 9-11 September 2025

In partnership with





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 |
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| 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 www.lightandgraceyoga.com