



In today's fast paced world, young people benefit from space to pause, time to reflect and reconnect with themselves and each other

... we let them shine.

Lighting the way for young hearts and minds.

We shine bright when we shine together.

What we offer

A full-day or half-day spiritual retreat experience brought to your school – no travel needed! Fun, connection, and inner calm all wrapped into one powerful day.

A typical retreat day includes:

- Ice-breaker games & energisers
- Guided quiet reflection
- Open-hearted conversations
- Optional moments of prayer
- Creative expression and mindfulness
- Time to breathe and just be
- Explore how to support ourselves through times of stress, emotion and anxiety

Why schools love us:

- Suitable for all secondary school year groups
- We come to you - no travel or extra logistics
- Designed to support wellbeing, spirituality and personal growth
- Fully inclusive: all faiths and none
- Run by experienced facilitators who are passionate about youth wellbeing

Bring the calm to the classroom

Our retreats help students build emotional resilience, self-awareness and confidence. Whether it's a wellbeing week, exam season, or simply a chance to reset, we offer a much-needed pause. We create a space to connect, reflect and shine.

contact us

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