

MEN♀PAUSE CLINICAL RETREAT

A TWO NIGHT CLINICAL AND HOLISTIC RETREAT

15TH - 17TH OCTOBER 2025

Hensol Castle • Near Cardiff • Wales



HENSOL CASTLE

A Unique Retreat

As a rite of passage that all women must go through, the menopause is an inescapable fact of life - albeit one that needn't be faced alone.

Juggling work, friends and family while managing myriad symptoms can be overwhelming and exhausting. However, help is at hand when the ground-breaking Menopause Clinical Retreat arrives in October with the singular aim of helping you navigate this transition.



On this immersive and informative retreat - which takes place during World Menopause Awareness month - you can participate in personalised, confidential sessions & workshops with our bespoke group of in-house experts, all of whom can identify with your own lived experiences as women over 40.

We invite you to join us on this specialised clinical & holistic retreat and let us guide you along this road of self-rediscovery and understanding within the majestic grounds of Hensol Castle, just a few miles outside Cardiff.



You will depart feeling confident, well-informed, and ready to thrive through midlife and beyond.



Your Midlife Health Experience

This comprehensive and specialist clinical retreat is designed to provide all the support, tools and solutions for adapting to these changes in a healthy, positive way.



An unhurried, personalised retreat

Benefit from one to one consultations with our leading consultant gynaecologist and menopause health specialist.

The retreat includes small group workshops, talks, clinics and relaxed Q&A sessions.



Experts who have lived the journey

Our all-female team combine clinical excellence with personal menopause insight, creating a uniquely empathetic environment offering practical solutions.

They will provide you with tools to manage symptoms and enhance your life quality and give you long term solutions.



Holistic, evidence based information

Our contributors will cover everything including:

- Hormonal balance and HRT
 - Mental health symptoms
 - Nutrition and gut support
 - Metabolic health
 - Physical strength and wellbeing
 - Holistic symptom management including breathwork techniques
- plus much more.**



What You Can Expect

Consultant time

- Private consultation with the Consultant gynaecologist and menopause expert.
- Hormone profile blood test.
- Confidential pre-consultation health questionnaire.
- Comprehensive and individualised treatment plan.
- Menopause passport.
- Full HRT advice and prescription.
- Follow up treatment letter for your GP.

Small Groups

- Opportunity to join a variety of small group workshops:
- An array of talks & informative Q&A clinics.
- Conscious breathwork sessions & the science behind it.
- Flow and yoga sessions.
- Nutritional guides & stress management tools.
- Strength & functional workout labs & personalised exercise plans.
- Relaxing spa treatment.

Time

- Experts & contributors living with you throughout your retreat.
- They will take time to listen, ask and share.



All in one supportive space to enhance your wellbeing and empower your knowledge.



Your questions answered

Who is this for?

Women at all stages of their menopausal journey, from perimenopause, menopause and postmenopause who would like support and guidance to optimise their wellbeing and health throughout this pivotal time in their lives.

What age can I come on the clinical retreat?

Perimenopause may begin as early as your mid-30s or as late as your mid-50s. Wherever you think you are on your journey, this clinical retreat will be life enhancing, informative and constructive.

FACT: *There are over 34 acknowledged symptoms that can be associated with perimenopause and menopause. From brain fog, abnormal bleeding, change in concentration, mood swings, joint pain, sleep disturbance, weight gain, loss of confidence, loss of libido – to name but a few. Some people are in perimenopause for only a short time, while others are in it for several years.*

Will I be able to contact the clinicians and experts after the retreat?

Yes, all our contributors and experts would love to hear from you after the retreat and some will be offering follow up sessions*.

Included: Dr Appleyard will provide a follow up telephone consultation, two weeks after the retreat.

Can I bring a friend?

Of course, as long as they are also on their menopause journey. Sharing is easy – in a large twin ensuite.

Do you have fully accessible rooms?

Yes, we have a fully accessible bedroom on the ground floor with ensuite wet room on the ground floor and all the workshops and clinics are fully accessible.

Is my assistance dog welcome?

Guide Dogs and approved accredited assistance dogs are welcome.

How many will be on this retreat?

The October 2025 retreat will have a maximum of 15 guests.
All retreats in 2026 will have a maximum number of 23 guests.

* May be subject to charges.

Meet your Clinical & Wellness Team



Dr Tracy Appleyard OBE

Consultant Gynaecologist (MBBS, MRCOG)

Dr Tracy Appleyard MBBS FRCOG is a Bristol-based Consultant Obstetrician and Gynaecologist with almost 30 years' experience in women's health. She has been awarded an OBE for services to women's health, her clinical interests and expertise include perimenopause, postmenopause transition, as well as menstrual disturbance, endometriosis, chronic pelvic pain and cervical disease, Dr Appleyard also works within the NHS nationally accredited endometriosis service as lead clinician for colposcopy and the diagnostic service for gynaecological oncology. She is a member of the British Society for Gynaecological Endoscopy, the British Menopause Society and an accredited trainer with the BSCCP.

A Lieutenant Colonel in the British Army, she serves as Defence Consultant Advisor in obstetrics and gynaecology. She facilitates women's health through a holistic approach using evidence based practice and offers support and expert advice to women through all stages of their life.



Jackie Lynch

Registered Nutritionist (mBANT, CNHC)

Jackie Lynch is an award-winning nutritionist, author, speaker and founder of the WellWellWell nutrition clinic, where she has guided and supported thousands of women through menopause. She hosts The Happy Menopause podcast which was shortlisted for the International Women's Podcast Awards in 2021, 2022, and 2024. Jackie also leads the Happy Menopause Club, offering expert nutrition guidance for midlife women.

Jackie is the bestselling author of The Happy Menopause: Smart Nutrition to Help You Flourish book which received a Highly Commended accolade at the 2021 Health & Wellbeing Awards, as well as Va Va Voom: The 10-Day Energy Diet and The Right Bite. Her new book, 'The Happy Menopause Guide to Energy' comes out on September 9th 2025.



Kate Rowe-Ham

Strength and Wellness Coach

Kate Rowe-Ham is a women's health coach specialising in menopause fitness and nutrition. She founded the Owning Your Menopause app and authored the bestselling book Owning Your Menopause: Fitter, Calmer, Stronger in 30 Days.

Having qualified as a Level 3 Personal Trainer, raised three children, and personally experienced perimenopause, Kate understands how isolating this phase can be. Passionate about empowering women, she educates on how movement and diet can manage menopause symptoms and enhance heart, bone, muscle, and mental health. She encourages reframing exercise from punishment to nourishment.



HENSOL CASTLE

Meet your Clinical & Wellness Team



Rebecca Dennis

Integrative Breath Coach

Rebecca Dennis is an integrative somatic breathwork trainer, practitioner and Sunday Times–bestselling author of *And Breathe, Let It Go and Breathe: A Practical Guide to Breathwork*. Founder of Breathing Tree (breathingtree.co.uk), she has spent two decades helping thousands of individuals, communities and organisations regulate their nervous systems, dissolve physical tension and release emotional blocks.

Her bottom-up, holistic method combines conscious breathing with bodywork, counselling, trauma-informed therapy, bilateral processing, parts work, shamanic practice and mindset coaching, recognising the body-mind-spirit connection. Rebecca's compassionate space-holding supports clients facing burnout, menopause challenges, stress, PTSD/C-PTSD, anxiety, addiction, depression, fatigue, sleep issues and autoimmune conditions.



Libby Stevenson

Menopause Yoga Teacher

Libby is an advanced yoga instructor specialising in women's health with an advanced interest in menopause yoga as well as specialist trainings in pelvic floor and bone health. She is a member of the British Menopause Society.

Her degrees in Biomedical Engineering and Therapeutic Wellbeing, give her a strong foundation in anatomy, physiology, and neuroscience. Through her academic background and her yoga teacher training, she demystifies the effects of yoga on the body and mind making it clear, relatable, and accessible for all abilities.

Libby is an award winning menopause content creator and featured in a number of national newspapers and women's magazines both online and in print.

Libby discovered yoga in her early 50s, and after experiencing its powerful physical and emotional benefits, she was inspired to train as a yoga teacher at 57. Now, through her teachings, she empowers women to deeply understand their bodies, navigate the changes of menopause with confidence and discover yoga as a holistic tool to support this his stage of life with self compassion and greater peace.

The Venue

The retreat will be hosted in the magnificent seventeenth-century Hensol Castle, situated outside of Cardiff, close to the M4. The retreat will have exclusive use of the castle for the duration. The castle boasts a myriad of rooms to relax in and comes complete with a gin distillery, botanical gin-making school and beautiful grounds to explore.



The castle is conveniently located, just 5 minutes from J34 of the M4, with plenty of on-site parking. Nearest rail station is Pontyclun, just 10 minutes by taxi.

A comprehensive and clinical menopause retreat with the UK's leading menopause specialists and experts.

Cost: £2,800.00 per person*

For two people sharing a twin room, cost is £2,100 per person

What's included?

- Two nights accommodation in a luxury ensuite room.
- Arrive by 12pm on 15th October for lunch.
All meals & drinks: Seasonal, light & downright delicious food, from lunch on the day of arrival to lunch on the day of departure.
- All 1:1 consultations, advice, clinics, lectures, Q&A sessions, workshops and a treatment in the Vale Spa†.
- Revive and Thrive Goody Bag
- Detailed itinerary on booking.
- Depart on 17th October after a light lunch

Reserve your place

Only 15 places are available to guarantee personalised, one-to-one focus.

Book Now to secure your place and begin your pre-retreat questionnaire.

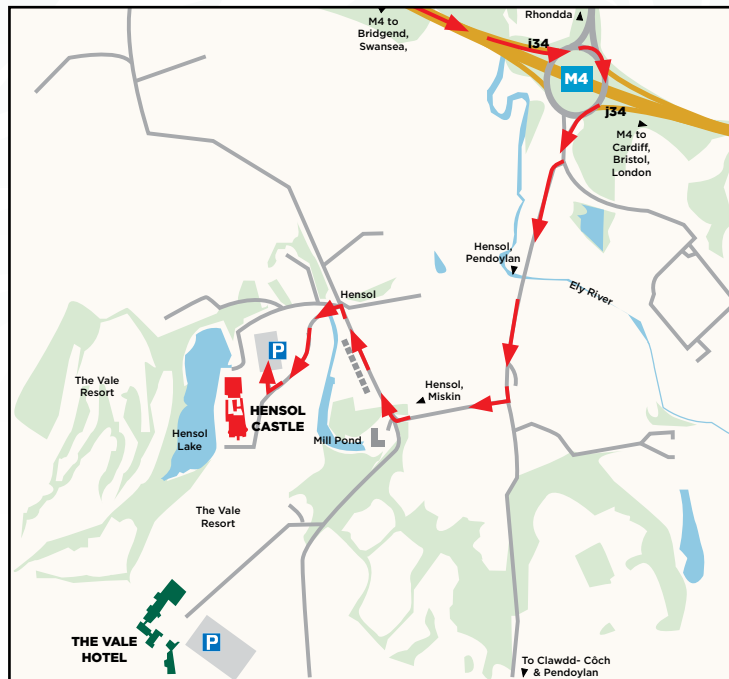
BOOK NOW

For more information or to discuss the itinerary, contact
Tanya Sheasby | 07879 636343



Menopause is not a word to be feared,
just welcomed and understood

How to find us



For Satnavs use Postcode **CF72 8JX** or search for Hensol Castle

FROM LONDON

Take the M4 westbound, exit at junction 34 in South Wales.

FROM MIDLANDS & THE NORTH

Take the M5, then the M50/A449 to Newport and then M4 to junction 34.

FROM THE SOUTH WEST

Take the M5 north and exit onto the M49 or the M5/M4 interchange. Follow the M4 west into Wales and exit at junction 34.

FROM WEST WALES

Take the M4 east and exit at J34.

FROM JUNCTION 34

Take the exit signposted for Pendoylan and Hensol.

Take 1st right, following signs for Pendoylan, Hensol and Vale Resort

Continue down the road, then take 1st right, signposted Hensol, Miskin and Vale Resort.

Carry on around the bend, past all the houses on your left. Take a left turn and approach the gates, which will automatically open. Head straight on to Hensol Castle. The car park is on the right.



HENSOL CASTLE

Hensol Castle Park, Hensol, Vale of Glamorgan, CF72 8JX

www.hensolcastle.com