

A woman with long hair, wearing a light green t-shirt and matching pants, is walking barefoot on a fallen log in a forest. She is holding a small purple flower in her right hand. The forest has tall, dark tree trunks and green foliage. The lighting is bright, suggesting a sunny day.

Empowering Confidence in Women

November 2025 - Let's grow together



Bear Soul

WELLBEING

A warm hello from me

As a seasoned yoga instructor, sound healer, reflexologist, and Reiki master, my mission is to uplift and empower women's confidence. I draw upon the energy of my spirit animal, the bear, to inspire and nurture your inner strength and courage.

Our time together will focus on surrendering to the natural flow of life, providing space for rest and rejuvenation of our energy. It is a moment to fully release, heal, and prepare for the new cycle that awaits.

As women, we deserve to embrace our confidence and recognize the incredible beings we truly are.

Throughout our lives, we navigate the female cycle and may find ourselves questioning our purpose, leading to a decline in confidence and a sense of lost identity.

This weekend will offer you the opportunity to grow, thrive, and reclaim your spark for today and the future.





Our team are here for you

Fay is a superstar with an enormous heart and is an integral member of the BearSoul Wellbeing team.

You are always in our thoughts and at the core of our mission.

Fay embodies a superpower, exuding a vibrant female spirit!

With her irresistible charm and quick wit, you'll feel right at home, banishing any worries to the shadows.

Need a helping hand during your stay?

Fay's got your back, ready to swoop in and support you!

We look forward to welcoming you with open arms.

You are at our heart

At BearSoul Wellbeing, we believe in creating a sanctuary where you can rejuvenate and rediscover your inner peace. Our teams presence is a testament to this vision, seamlessly blending professionalism with genuine care.

Our ability to connect with each guest on a personal level transforms your stay into a journey of healing and joy.

So, whether you're seeking solace, adventure, or simply a moment of tranquility, know that the entire BearSoul Wellbeing team are here to guide you every step of the way.

Welcome to a place where your heart will feel lighter, your spirit brighter, and your soul deeply nourished.

BearSoul

W E L L B E I N G



How we'll
empower
each other



How your clothes can best support 'you' and your needs

Our incredible team of specialists is ready to fill you with confidence-boosting discussions, advice, and delightful treats.

Through engaging talks, demonstrations, and interactive workshops, we aim to help you stand taller, brimming with confidence and self-esteem.

Donna Tweedle | Stylist & Educator

Donna empowers women to transition from ingrained shopping habits to making thoughtful wardrobe choices, all while emphasizing ethical practices.

She collaborates with you to help you recognise the immense power of a focused and informed approach to your wardrobe, ensuring it supports and serves your needs. Together, you'll create a visual board that serves as a valuable reference to help you stay on track and maintain your focus.

Donna will be on hand for 121 advice



Make your skin glow with vibrancy and confidence

Suzi Smith | Beauty Therapist



As we grow older, our skin undergoes various changes. Suzi will impart her expert insights on how to enhance your skin's health for both the present and the future.

With a focus on beauty oils and organic ingredients that promote luminosity, Suzi's approach is entirely holistic.

With your new found knowledge you'll create your own beauty oil to take home, that is designed just for you.

Suzi will also teach you how to perform a lymphatic drainage facial massage on yourself too.

Feel radiant and let yourself glow.

**SUZI SMITH**
STUDIO

Building your strength and resolve

Gemma Edwards | Wellbeing Specialist

As an accomplished yoga instructor, sound healer, reflexologist, and Reiki master, my goal is to uplift and instill confidence in women.

Drawing inspiration from my spirit animal, the bear, I aim to foster and nurture your inner strength and courage. It's essential to embrace our bodies and recognize their capabilities—the female form is remarkable, and it's important for you to understand that.

This weekend will focus on your personal growth and expansion, providing space for rest and rejuvenation of your energy.

It's an opportunity to fully let go, heal, and prepare for the new journey that awaits you.



Empowering Wellness Through Intuitive Nutrition

Aya Wingate | Dietician



Aya has over 15 years of experience, focusing on customised, holistic approaches to health and well-being. Her mission is to reconnect us with our bodies and challenge unrealistic diet culture ideals.

Aya helps clients explore body image and foster self-acceptance by challenging harmful societal expectations.

She aims to help individuals break free from limiting beliefs tied to self-esteem.

Whether you're looking to heal your relationship with food, boost your body image, or simply find greater joy in the way you nourish yourself, Aya is here to guide you on a transformative journey towards greater self-awareness and appreciation for the incredible person you already are.

About Bruisyard Country Estate

With four poster beds, chandeliers, grand dining room, enormous kitchen, snooker room - a stay at Bruisyard Hall is a truly luxurious experience. The oldest parts of Bruisyard Hall date back over 700 years, incorporating the fourteenth-century remains of a nunnery. The rest of this beautiful house is mid 16th century.

Located in the Suffolk countryside this is the perfect home from home.

[Explore Bruisyard Country Estate](#)



A close-up photograph of a hand holding a small, brown fish over a shallow, metallic bowl. The bowl is held by a hand with a tattoo of a lotus flower and a crescent moon on the forearm. The background is a blurred green lawn. The text "Enhance your experience" is centered in the bowl.

Enhance
your
experience

Come and stay in 5 star luxury



Residents can enjoy the luxury of;

2 Nights exquisite and sumptuous accommodation

Full board catering with private chef

Complementary robe & slippers

Banquet dining

White company toiletries

Wood-fired pizza evening

Empowering yoga classes

700 acres of stunning grounds to explore

Energising outdoor sound scape

Work shop & goodie bag

Prices start from £525 for twin share



The location

Bruisyard Country Estate

Bruisyard

Saxmundham

Suffolk

IP17 2EJ







BearSoul

WELLBEING