

Experience a Life-changing PersonalWEL Retreat with Dr David Reilly

Create transforming benefits in your well-being, health, and happiness
9th-13th June 2025 in Kinloss, Moray, Scotland



Findhorn Bay 5 minutes walk from the venue

David is such a wise man, a role model for us all and a giant in his field; he has such an understanding of the deeper meaning of life. David uses his extensive clinical and research experience in restoring wholeness for human beings to give us hope for a new kind of future.

Dr Hans Hartung, MD, NHS Consultant,
when David won ALLIANCE Scotland Changemaker of The Year

Why Do TheWEL?

TheWEL can create remarkable life-transforming benefits for your well-being, health and happiness. TheWEL changes lives. It has proved its worth in over 3000 people with a full range of physical and emotional problems. Scientific evaluation, with 1-5 year follow-ups, shows:

90-95% Rate as Excellent or Outstanding
88% of participants report
long-term significant benefits in

- General Wellbeing
- Quality Of Life
- Energy Levels
- Sense Of Empowerment
- Self-Compassion
- Main Symptoms
- Improved Blood Markers for modern epidemics like diabetes, inflammation and depression.

I have absolutely loved every part of it...

So enjoyed it ...

Wow! Fantastic...

Has fundamentally changed my way of viewing others – but more importantly, myself. Thank you!

A fresh new way...

Outstanding

Changed my life...

The course challenged my thoughts and beliefs... inspired me... an absolute privilege to take part. David and his team bring hope and exciting prospects for our future



Has brought me the first sightings of peace.

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Why Do This PersonalWEL?

The chance of doing a live WEL with David is now rare. He is currently focused on his online teaching, one-to-one clients, and work with TheWEL Charity, especially in areas of deprivation. This intensive 5-day retreat version of the PersonalWEL course is the only live teaching planned for this course for 2024.

- The venue sits in one and a half acres of garden, set on the grounds of the ruins of the twelve-century Kinloss Abbey. It is only a five-minute walk from Findhorn Bay and is surrounded by beautiful beaches, mountains, and countryside
See the area using [///acoustics.joyously.ticked](http://acoustics.joyously.ticked) on www.what3words.com
- 20+ hours of learning and reflection guided by David
- Radical challenge and support for your self-care and your ability to help others
- The number of participants will be strictly limited to ensure personally tuned dialogues
- This is not group therapy, and if you need it to be a private space, you can be silent in the small group
- You will have a chance, if you wish, for David to have a short private chat with you about your WELJourney
- You will receive valuable take-home resources: the latest version of The Human Guidebook - a 300-page full-colour manual - and the entire WEL course on digital media
- You will receive a Certificate of Completion to mark your achievement and, if needed, as a professional marker of training
- This course can be a rich addition to your learning to become better at human caring, and if a practitioner, a valuable training across the spectrum of physical, mental and spiritual health, and lifestyle medicine.



If it was not for what I learned in TheWEL course, I would be on insulin now for my diabetes and on anti-depressants... It has transformed my life....

I am now coming off my medication and for the first time in 2 years, from techniques I learned on the WEL

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Your Investment

David offers the PersonalWEL in his retreat house. The price, which includes the five full days of teaching, course materials, delicious homemade lunches, tea breaks, and snacks, is £1225. An early-bird discount saves you £250 until May 1st, 2025, meaning you would pay only £975. A deposit of £125 secures a place. Paying in instalments is possible. Booking early is recommended as the course tends to fill up quickly. Accommodation is not included in this price.

Two places will be available with a further discretionary discount for those with restricted income.

*Invaluable... It gave me the tools
to help me help myself*

Empowered me -

Liberating and hugely helpful -

Really aided my recovery -

A brilliant strategy for coping

*It became clear that we were witnessing evidence of a remarkable qualitative change
in participants' capacity for self-care, resilience and wellbeing.*

Independent assessment visit to TheWEL led by
Prof Phil Hanlon, University of Glasgow Department of Public Health.

*I am excited to offer you this PersonalWEL. I hope you can join
me with a small group of motivated participants who wish to
support their life path towards greater wellness, health, peace
and happiness for themselves and others.*

*TheWEL will help you reconnect to your deeper restorative self
and build a new foundation for your future wellbeing.*

With my best wishes

David

To secure a place or ask any questions, please email me at connect@thewel.org. I will supply information about booking, transport, and examples of local accommodation (from hotels to B&Bs to caravan and holiday parks by the sea).

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Learning More About TheWEL and Dr Reilly

Watch his TEDx talk on Unlocking Human Healing:

<https://www.youtube.com/watch?v=LUFgxBPh4Y>

www.davidreilly.net

Doctor David Reilly FRCP MRCGP Honorary DSc
Consultant in Wellness
Founder, Director of TheWEL and The Healing Shift
Programmes and TheWELCharity.

Previously: Over 40 years experience as a doctor, researcher,
teacher and innovating leader,

Including roles as:

Lead Consultant Physician and Director of The Academic
Department - he led the creation of the award-winning NHS
Centre for Integrative Care

Scottish Government's Lead Clinician for Integrative Care

Greater Glasgow and Clyde's Lead Clinician for CFS/ME

Honorary Senior Lecturer in Medicine, Glasgow University

MRC/RCCM Research Fellow

Visiting Professor, Maryland University, USA

Principle Overseas Consultant, Osher Centre, Medical School,
Harvard University, USA



*Dr Reilly is an inspirational health pioneer and innovator,
whose leadership has set a new gold standard for health
care.*

On winning Scotland's Dynamic Place Award 'Person of
the Year' 2000

".. visionary clinical and policy leadership."
Finalist, the Scottish NHS Doctor of the Year

*'Internationally acclaimed,
award-winning doctor and
leader in wellness and health.
Renowned for his ability to help
people achieve profound
improvements in their wellbeing
and their health... Recognised as
a gifted teacher, taught in over
20 countries. Advisor to
governments and international
organisations. Significant
scientific achievements with
impactful publications in leading
medical journals (like The Lancet
and BMJ).'*

Introduction to Cornell Medical
School teaching.

Participants' quotes here are used
with permission from the formal
qualitative research data. For an
example of a fuller case history and
WEL background - Reilly, D. (2018).
Darkness, Life-Compassion and the
seeds of transformation. Notes and
results from The Healing Shift
Enquiry. *Journal of holistic
healthcare*, 15(1), 30-37.
<https://bhma.org/product/transformati-ve-innovation/>