BETTERMAN

CHARGED

NOV 9-13, 2026

5 DAYS.
FULLY DIALLED IN.

For men who want to leave the noise behind and come back sharper

9th–13th NOVEMBER 2026 ·
TEMPLE LODGE, RICHMOND

WHAT CHARGED IS

Five days away from the noise.
No phone pings. No meetings you didn't want. No domestic admin.
No low-level stress running in the background.
Just training, deep work, recovery, and the company of men who take themselves seriously.

NOT A RETREAT.
NOT A BOOTCAMP.
IT'S A WAY OF OPERATING.

Fully dialled in from Monday morning to Friday afternoon.
Super focused. Locked in on what matters.
A way of operating you carry home.



WAY OF OPERATING

Wake up. Meditate. Train. Work.

Eat. Sauna & Plunge. Chill. Play. Sleep.

Wake up and do it again.

WHEN YOU LEAVE:

8-WEEK INTEGRATION PROGRAMME TO KEEP YOU ON TRACK

Simple structure. Nothing performative.
The work happens because there's nothing else pulling at you.

VENUE AND INVESTMENT

TEMPLE LODGE, RICHMOND
North Yorkshire's hidden sanctuary.

WHAT'S INCLUDED:

- HISTORIC VENUE IN THE HEART OF RICHMOND, SHARED OR PRIVATE ROOMS
- RIVER ACCESS FOR COLD WATER TRAINING
- BREAKFAST, LUNCH AND REFRESHMENTS DAILY
- ALL TRAINING MATERIALS, EQUIPMENT AND GYM ACCESS

NOT INCLUDED:

- EVENING MEALS (LOCAL PUBS, TOGETHER)
- TRAVEL TO AND FROM THE VENUE

LIMITED TO 10 MEN - Includes 8 Week Support After

READY?

CONTACT US ON: info@thebetterman.co.uk
OR: 07717 155760



INVESTMENT

Shared rooms

- 3-bed shared: £1295
- 2-bed shared: £1495

Private

- Double + single: £1795
- Private double: SOLD OUT