



HOLISTIC HOUSE

WELLBEING & RETREAT SERVICES

COTSWOLDS WELLBEING WEEKEND RETREATS

Dates: June 12TH- 14TH & October 16th-18th 2020

>> BOOK NOW TO AVOID DISAPPOINTMENT <<



Leave your caring duties at home and reconnect with yourself once again.
Leave your worries behind and enjoy a time that is just for you!
An opportunity to de-stress & be pampered!

3 days of FREEDOM, FITNESS & FUN! REST, RELAX & REVIVE!
With Professional Therapists who are experts in their fields

Come & enjoy 3 days of peace in the beautiful Cotswolds at Noah's Ark Venture Centre, Macaroni Wood (GL7 3NF). It is a secure & safe space situated on 17 acres of private woodlands. Experience the healing power of nature.

Total cost: £210 includes transport accommodation meals & therapies
**** Group booking of 3 or more will receive a 10% discount ****

Therapies may be:

- *Meditation Massage*Reflexology*Reiki*Yoga/yoga meditation*Crystal Therapy*Emmett*Kinesiology*
- *Crystal Facial Massage*Balance Procedure*Thai Face Lift Massage*Thai Foot Massage*Indian Head Massage*
- *Therapeutic art & discussion (1-1 sessions if required)*

(Additional therapies charged @ £15 per 30-minute session)

Free onsite options include: bike riding, nature walks, trampoline, table tennis, snooker & indoor cinema

WWW: <https://holistichouse.wixsite.com/retreats/>

Facebook: <https://www.facebook.com/HolisticHouseRetreats/>

For more information or to register your interest please contact us

E: holistichouseservices@outlook.com or M: 07951 7713 92/07030 3939 42

Holistic House Wellbeing & Retreat Services offers a holistic approach to the caring communities through wellbeing events and individual practice. We offer support through consultation. We recognise that a break is essential in order to restore harmony, balance and calm to individuals who need it the most. Our retreats are affordable, accessible and are a definite respite. All our therapists are wellbeing practitioners with current practices. All insurances and qualifications will be displayed.