



Women's Late Summer Retreat

AT WEST LEXHAM MANOR, NORFOLK
ON THE 14TH, 15TH AND 16TH SEPTEMBER 2018

You are invited to join us on our Late Summer Retreat where you can 'unplug' from the demands of life and gain a sense of deep relaxation, spaciousness, and inner peace.

Our theme is self care. We'll explore many topics including yoga, massage and reflexology, and you will have ample time to rest and be nourished with vibrant, health enhancing food.

The beautiful and tranquil setting at Lexham lends itself to leisurely nurturing walks around its lake and grounds, and you'll have exclusive use of our own private outdoor heated pool.

All within a safe, inclusive and supportive space guided by our three highly experienced group facilitators.

Prices start at £450

and include a 1:1 session of either aromatic massage, reflexology or a bespoke wellbeing consultation



For further details or to book your place:

e: enquiries@wellbeing.uk.com phone: 01379 677335

WellBeing International Ltd - www.wellbeingforlife.uk.com