

2-DAY RETREAT LOSEHILL HOUSE HOTEL MINDFULNESS FOR HEALTH & WELLNESS



We quickly become immersed in the hustle and bustle of everyday life, rushing around, juggling plates and playing catch-up on occasions.

All this rushing around can often have an impact on our physical and mental wellbeing.

Mindfulness Retreats for Health and Wellness will offer you time for relaxation, personal growth and most importantly the time-out you deserve.

These 2-Day Retreat's will give you the opportunity to take some time away from your busy life. Returning home feeling refreshed and revitalized

21st January - 25th February - 25th March 2019

Starting at 10:00hrs on Day 1 and ending at 18:00hrs on Day 2

£275.00

**For a booking form or more information Contact Annabel
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