

# Wellness Retreat

## Cromer, Norfolk

Saturday 27<sup>th</sup> September 2025, 9.30am to 4.30pm



Join us at **Woodland Park** on the beautiful North Norfolk Coast for our 'Balance & Bloom' one day Wellness Retreat. Nurture your mind and body with a day of meditation, movement, relaxation and connection.

### Programme - 9.30am to 4.30pm

- Ease into the day with a gentle movement session
- Relax, Let Go & Listen – guided meditation with motivational Hypnotherapy scripts and strategies
- Re-energise with a guided, meditative woodland walk
- Discover pure relaxation with breathwork, chakra re-balance & Gong bath
- Templespa Wellness Experience – a luxurious journey of mind-body rebalance
- **Exclusive use of Pool & Spa at Woodland Park**
- Goody Bag included



**Bring a Yoga mat & pillow, swimwear & towel, Indoor & Outdoor attire**



**Light Breakfast & Buffet Lunch included**



RESERVE YOUR PLACE  
BOOK WITH



**T: 01263 576020**

**E: [events@woodland-park.co.uk](mailto:events@woodland-park.co.uk)**

**Woodland Holiday Park  
Cromer Road, Trimmingham  
Norfolk NR11 8QJ**

**£130**  
Payment by  
instalments

