

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

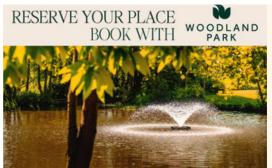
- Ease into the day with a gentle movement session
- Relax, Let Go & Listen guided meditation with motivational Hypnotherapy scripts and strategies
- Re-energise with a guided, meditative woodland walk
- Discover pure relaxation with breathwork, chakra re-balance
  & Gong bath
- Templespa Wellness Experience 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** 



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