

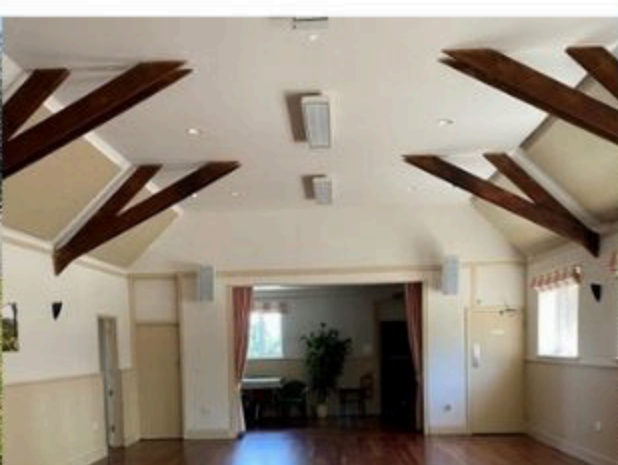


Wellness Retreat 2026

Farnham Village Hall

Rectory Lane,
Bishop's Stortford, Hertfordshire CM23 1HU

**SATURDAY
11TH JULY
1PM - 7PM**



Join us for a day of relaxation and rejuvenation in the peaceful countryside

Nurture your mind and body

- Energising Tai Chi
- Focus, Relax & Let Go - Empowering Beliefs Hypnotherapy
- Templespa Wellness Experience
- Heart Chakra Balance (Garden)
- Relaxing Sound Bath
- Wellbeing Afternoon Tea
- Sunset Drinks & Nibbles (Garden)

**BRING A YOGA MAT,
BLANKET & PILLOW**

**LIMITED SPACES
TO BOOK
SCAN QR CODE**

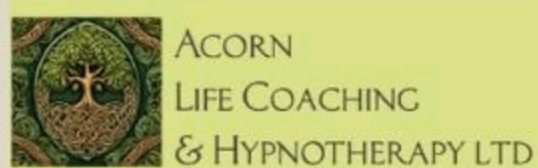


£95 *Including food, drinks & Goody Bag*



Individual Holistic Therapies available*

*Pay therapists on the day



Your Balance & Bloom Hosts:

acorn-life-coaching-and-hypnotherapy.com
pinkmoonstonetherapies.co.uk