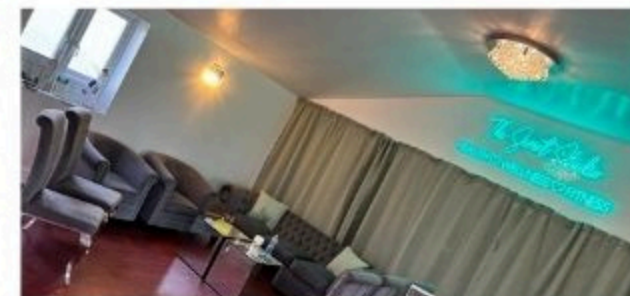


Balance & Bloom

Wellness Retreat

- 🌸 **Sat 18th JULY 2026**
- 🌸 **10am - 5pm**
- 🌸 **The Secret Studio & Salon,
Hatfield Heath, Essex**



A day to Relax, Rebalance & Revitalise

- Gentle warm up exercise - **Wellness Works**
- Focus, Relax & Let Go - Empowering Beliefs Hypnotherapy - **Acorn Life Coaching & Hypnotherapy Ltd**
- Templespa Wellness Experience - **Tracy Eaton, Templespa**
- Meditative Nature Walk - **Pink Moonstone Therapies**
- Qigong - **Dina McDonald**
- Soma Breathwork & Drumming Meditation - **Dragonfly Wellness**



Individual Holistic
Therapies available*
*Pay therapists on the day



Healthy Lunch &
Afternoon Sunset Drinks
Evie Goodey, Health Coach

LIMITED SPACES

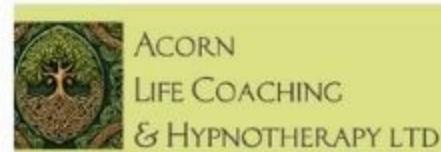
SCAN QR CODE TO BOOK NOW!



£115 including food, drinks
& Goody Bag



or Whatsapp **07842 834090** Pink Moonstone Therapies



Your Balance & Bloom Hosts

pinkmoonstonetherapies.co.uk

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