

NOVEMBER 11 – 13th weekend:

“TAKE STOCK, UNWIND, RECHARGE”

FRIDAY:

Afternoon: yoga, massage options.
Evening: welcome drinks and dinner

SATURDAY:

Morning: yoga, meditation.
Energising breakfast, stimulating and thought provoking seminar.
Fat burning walk/massage/cookery class/photographic tutorial

Lunch: Some delicious raw food, and generally an energising meal.

Afternoon: Workshops on values and communication skills.
Tea – delicious healthy snacks and nibbles.
Evening: Yoga, massage, reflexology before dinner

SUNDAY:

Morning: yoga, meditation, fat burning walk
Energising, healthy breakfast
Workshop on health and energy.
Juice break
Cookery/yoga/photography tutorial/fat burning walk options.

Lunch and leisurely check out.

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