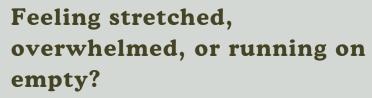
WELLNESS RETREAT

Empower | Reconnect | Balance

Friday 16th May

9.30am - 4.30pm

Earth Trust, Little Wittenham, Oxfordshire



You're not alone, this day is your invitation to pause, breathe, and gently come back to yourself.





What to expect:

Meditations and nature immersion



Slow flow yoga for all abilities



Workshops to support you



Connection & nourishment



You will leave feeling:

- Emotionally recharged and mentally clearer.
- Grounded in your body and more connected to yourself.
- Equipped with tools to manage stress and prevent burnout.

Book your space

£165 per person

Group offer: purchase 6 tickets and get the 7th free

For group bookings contact hello@carolinedearlove.co.uk