

WELLNESS RETREAT

Empower | Reconnect | Balance

Friday 16th May

9.30am - 4.30pm

**Earth Trust,
Little Wittenham, Oxfordshire**



**Feeling stretched,
overwhelmed, or running on
empty?**

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.

£165 per person

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

[Book your space](#)

For group bookings contact
hello@carolinedearlove.co.uk