

Winter Mindfulness/Meditation Retreat

Step Out Of Thought

26th-28th January 2018

Do you ever find your mind full of clutter?

Do you spend much of your time regretting the past or fearing the future?

Would you like to be able to drop into and maintain a state of peace easily and in all situations?

Then join Julie and Liz for our 'Step out of Thought' Winter Retreat.

The Retreat will explore different approaches to Relaxation and Meditation, including:-

1. Breathing for calmness.
2. Grounding.
3. Mindful Body Relaxation.
4. Techniques to clear the mind.
5. Guided Meditation.
6. Stillness and Silence.



The Retreat enhances the 4-week 'Step out of Thought' course through Heal Your Life and NLP-based workshop input from Julie and Liz. You will also share in Healing Sound experiences including Mantra, Healing Drum and Gong Baths. All this in our calming, peaceful Lake District Retreat venue.

The Retreat starts on Friday at 5pm and runs until Sunday at 5pm with the option of staying on an extra night at no additional cost, departing by Monday at 12 noon. All food is home-cooked and vegetarian (Vegan/Gluten-free available) and costs are for full-board accommodation.

Cost:

£250- shared room

£275- single room

£300- single room with en suite

£50 deposit secures your place.

Contact Liz for more information and to book-
07931 534474.

