



Mindful Awakening

One night Retreat up to two persons

DAY 1

12pm WELCOME DRINK & FRUIT PLATTER

2pm SALTROOM HALOTHERAPY BREATHWORK
& SOMATIC RELEASE

3pm MASSAGE & FACIAL
or MASSAGE & REFLEXOLOGY

4PM RED LIGHT & FREQUENCY HEALING RELAXATION ROOM

6pm DINNER (please specify in advance)

730pm MINDFUL EVENING BEACH WALK

9PM FACE MASK AND RELAXATION HOUR

DAY 2

10am - BREAKFAST & MINDFUL REFLECTION WALK

12pm HOMETIME

ONLY £180 per person

Contact: Charlotte 07434933700
Mindful Awakening Therapies

Email mindfulawakeninguk@outlook.com or Visit www.mindfulawakening.co.uk