



Swanage Retreats

Nourishing Heart and Soul

Mindful Escape Retreat - By the Sea

Theme: Mindfulness for Life

Date: Friday 24 - Sunday 26th September 2021

A Swanage Retreat gives you space to let go of day-to-day concerns and nourish your body, mind, heart and soul. With its stunning backdrop of sea, sand and cliffs, Bella Vista provides the perfect location to inspire that sense of awe and wellbeing.

Swanage Retreats are a combination of workshops on a holistic theme, times to 'simply be', meditation, times of silence, communion in nature, heart and soul sharings with great people on the same wave-length; with the optional additions of one to one coaching, or a relaxing body therapy, - oh! and not forgetting delicious food!

The theme 'mindfulness for life' is about developing mindful presence in the everyday, which will enhance your life through a deeper sense of inner peace and happiness aswell as giving tools and insights to help with anxiety, stress, emotional management, relationships and for navigating the general chaos and change of our current world. The workshop will be a combination of meditation, presentation, experiential exercise and reflection.

The beautiful peace of Bella Vista and the seaside of Swanage enhance the experience and there will be time for you to explore the abundance of nature in this exquisite location and have quiet times for just being.



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Includes:

2 nights dinner, bed and breakfast
Cream tea on arrival, daily homemade refreshments
Saturday and Sunday lunch
Daily meditation
Two holistic workshops Time to simply relax and be

Additional:

A body therapy of your choice according to availability
eg. massage, reiki, reflexology, attunement, coaching

Dates:

Friday 24th - 26th September: Mindfulness for life

Tariffs:

£375 for single sea view
£350 for single non sea view
£325 each for seaview shared
£305 each for non seaview shared

If you have any further questions please email:

naomi@swanageretreats.co.uk

or phone

01929 422562

or mobile

07904 898 113

If you would like to reserve your place on this retreat please email Naomi on naomi@swanageretreats.co.uk and I will send you a booking form.