



Swanage Retreats

Nourishing Heart and Soul

Restore Your Soul

A Woman's Retreat, May 10th 11th and 12th

Friday

Evening arrival any time after 14.00

Greeted by your host, have a leisurely tea with home made cake in our lounge with gorgeous sea views while your bags are being taken to your room.

Our host will show you to your accommodation and settle you in.

We will all meet again in the lounge for a drinks reception at 6.00 before dinner so you will be able to get to know your fellow guests.

You will be called through to dinner to sit down to a three course dinner hosted by Naomi Duffield.

After dinner we will move into a short session to get to know your fellow travellers, and relax into the nurturing surround of Bella Vista. Let your worries fall away.

Saturday

We will start the day with a 'restore your soul' morning meditation at 8.00am inspired by our panoramic sea views, followed by a leisurely breakfast served between 8.30 – 9.00.

After breakfast we will return to our exclusive space for our workshop;

This will be a time of deep heart sharing as we support each other in transforming those parts of ourselves that are holding us back and keeping us trapped. Release the binds that tie and be free. After this workshop you will have 'time for you' to relax and experience the peace of Bella Vista, its grounds with a stroll down to the sea.

We will all meet again for lunch in the main hall at 1.00

The early afternoon will be a combination of one to one coaching and free time to walk in the beauty of our beaches and magnificent countryside. This will be your opportunity to have a massage or reflexology to fully relax and revitalise. These sessions must be pre-booked at the time of your initial booking.

We will come back together after home made cake and tea at 5pm to regroup and check in

A three course dinner will be served at 7.30 followed by a relaxing nurturing evening time together.

Sunday

Start the day with an optional sea inspired meditation at 8.00am followed by a leisurely breakfast at 9.00.

The morning session will be a time of getting clear and empowerment as we move forward on our transformative journey.

Lunch will be served from 1.00

To round off this retreat we will have a closing session to conclude and say good bye to all our new friends.

We would like to wish you all a safe journey home.

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We would like to invite you to join us, so we have priced this retreat at cost just for you:

£285 single seaview

£270 single

£260 shared seaview

£245 shared

Complete our online application form here: <http://swanageretreats.co.uk/application.html>
If you'd like more information or speak to Naomi please email: naomi@swanageretreats.co.uk
Tel. 01929 422562

