

Spring Retreat

Late Spring Detox Retreat
Sue Woodd+Julie Hanson

Where? Lendrick Lodge

When ? 13th May Friday 6 pm - 15th May Sunday 2 pm

Time to clean up your act if you haven't already!

Recognising who you are and how you function within the seasons provides a starting point to gain access to the practical benefits of natural health and well being. This five phase thinking cannot only help you evaluate your personal strengths and challenges and guide you along life's path.

Are you able to be forceful, determined and assertive when necessary, be highly motivated and initiate the new but still retain a sense of co-operation, kindness and patience?

Come on this retreat to discover powerful ways to maintain the health and flexibility, build on the balance of adaptability and control. Look at goals and enhance decision making , develop new ideas to emerge into a new chapter written by you!! Enjoy Chi kung, Tai Chi, Yoga flows, delicious food in a wonderful environment with two experienced teachers.

Talk on Saturday evening. Design and Life!! with Sue Woodd



Booking Options:

Shared room (3-4 people)	£250
Twin room	£275
Single room	£290

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£50.00 deposit secures your place on this unique retreat. Airport transfers can be arranged.