



“MINDFULNESS IN SUMMER”

***Retreat Day on Sunday 26th June 2011
At Herons Brook, Chelwood Gate, RH17 7LS***

***Welcome at 9:30 am for 10am - 4pm
Special price £60 which includes refreshments and light lunch!***

Carole Thornton, aromatherapist and healer, invites you to join her in her beautiful Sussex home and grounds. Spend quality time with Carole and Dorothy Larios, Retreat Coach and a group of like-minded friends.

- ***Guided Walking – Metaphors in Nature.***
- ***Journal your thoughts.***
- ***Re-connect with your purpose.***
- ***Enjoy Head, Neck and Shoulder Massage.***
- ***Supported Mindfulness Activities.***

Let's take this retreat time to reconnect with ourselves. Through being close to nature this is a wonderful opportunity to slow down our whole being and still the busy brain to allow our inner voice to be heard.

What are you nurturing and wanting to let flourish?

***To book please call 01293 550 835
e-mail info@restofyourlifeuk.com www.restofyourlifeuk.com***