



Swanage Retreats

Nourishing Heart and Soul

New Year, New You

A time to clear the slate and set the foundation for the future you want

January 4th 5th and 6th 2018

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 (release the stresses of your everyday life) 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; Forgiving and healing, you will be able to identify aspects of yourself or your life you would like to release or transform.

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 afternoon session workshop; Manifesting the new followed by one to one coaching sessions. This will be your opportunity to have a massage or reflexology so you are fully relaxed before dinner. Must be pre-booked at the time of your initial booking.

A three course dinner will be served at 7.30 followed by a time to relax and enjoy.

Sunday

Start the day with an optional sea inspired meditation at 8.00am, a leisurely breakfast at 9.00 followed by a ceremony of affirmation of your new year, new you vow.

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

