

**‘Your Spiritual Health’**  
**Enhance your health and wellbeing from the inside out**  
**March 10/11 10.00 – 5.00pm £75 (incl lunch)**



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At Swanage Retreats we offer a beautiful setting overlooking the stunning Jurassic coastline, where you can treat yourself to expert education in various aspects of psychospiritual growth, give yourself space to reflect and explore the bigger questions of life, have time to simply be and meet like-minded people, many of whom become soul friends.

# Your Spiritual Health

Boost Your Emotional Wellbeing  
Improve Your Physical & Mental Health  
Connect with the Good Things in Life

SAT AM: SPIRITUAL CONNECTION ♥ Spiritual practice to suit your lifestyle and personality ♥ daily attunement ♥ centered living ♥ bridging spirituality into everyday living ♥ soaking into bliss ♥ grounding your spiritual experience

SAT PM: SPIRITUAL GROWTH ♥ Tools for navigating the growth journey ♥ Developing peace of mind ♥ witness presence and compassionate self management ♥ inner smile, energy work and self healing ♥ morning sanctification and evening review ♥ meditation and mindful living

SUN AM: SPIRITUAL CARE ♥ values, ethics and your code of honour ♥ soul listening ♥ compassion and service to others ♥ respect for the Earth ♥ living a life of spiritual purpose and service.

SUN PM: YOUR SPIRITUAL HEALTH: ♥ how spirituality enhances wellbeing ♥ shifting from anxious to calm ♥ uplifting mental health ♥ filling the meaningless void ♥ from mind full to mindfull



[www.yourspiritualhealth.org](http://www.yourspiritualhealth.org)

Spiritual connection ♥ Peace of Mind ♥ Care and compassion