



THE HEALTH HUB

WELLNESS RETREAT

Saturday 30th July - £139.00pp

A day of Yoga, Sound, Meditation and Relaxation

WHAT'S INCLUDED

Yoga meditation class (Carly King)

Gong sound healing class (Vicky Warner)

Yin Yang class (Carly King)

45 minute full neck, back and shoulder massage

Use of relaxation rooms, spa facilities including pool, sauna & steam room, indoor and outdoor hot tubs.

Breakfast and lunch included

To book please contact The Health Hub on 01284 706 777 ext. 5