



THE HEALTH HUB WELLNESS RETREAT SATURDAY 28TH JANUARY 2023

- 09:00 AM Welcome
- 09:30 AM Yoga meditation class
- 11:15 AM Tea break - Homemade granola bars and smoothie shots
- 12:15 PM Gong Sound Healing class
- 01:45 PM Lunch
- 03:00 PM Treatment (facial or head, neck and back massage) and use of the facilities
- 06:00 PM Yin class
- 07:30 PM Why not book in for dinner to finish your wellness retreat?

£145.00^{PP}

£40.00 non-refundable deposit to secure booking