

# Cannock Chase Healing Retreat

Holistic Healing 'Chill Out' Retreats  
for Body, Mind & Spirit



Take time out, relax and de-stress  
Enjoy calm and tranquility  
in a supportive and nurturing space

## Day Retreats

Choose TWO holistic complementary therapies of your choice

Flower / Tree Remedy Assessment & Card Reading included

Nutritious lunch, snacks and drinks

Meditation, relaxation time and guided walk in the surrounding countryside if desired

1-1 fully inclusive rates of £95 per person per day

Days run from 10am – 4.30pm

Choose a date for your own personalised retreat

For overnight accommodation before or after a Day Retreat add £35 per night B+B

Retreats are on a 1-1 basis and are personalised to meet your individual needs. Additional treatments can be booked as required. Training Courses in Precision Reiki, Flower Remedies and Iridology can be offered instead of – or as well as – Holistic Treatments

GIFT VOUCHERS AVAILABLE

## The Cannock Chase Healing Retreat

Holistic Complementary Therapies and Retreats for Body, Mind & Spirit

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