

# 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

- ❖ Range of relaxing Holistic Complementary Therapies
  - ❖ Reflection, Meditation, Holistic Counselling
  - ❖ Nutritious homemade food, drinks and snacks
  - ❖ Walks in nearby scenic countryside and woodland

The Cannock Chase Retreat is a place of sanctuary set in a quaint Victorian cottage, in tranquil rural surrounding in the village of Little Haywood close to Cannock Chase, the canal walkways and the grandeur of the Shugborough Estate.

You are offered time out with 1-1 personal support to reflect on what is happening in your life, your relationships, your health and wellbeing and help you plan your future.

- ❖ Relax, de-stress and be pampered
- ❖ Take time for yourself in a peaceful, tranquil and nurturing space
- ❖ Gain clarity and guidance on your life journey and direction
  - ❖ Re-connect with your spirituality and life purpose
  - ❖ Discover how to manifest your dreams and desires

Day Retreats

Weekend Stays

Longer Retreats

Retreats are run by Sally Rosemarie, a caring professional Holistic Health & Wellbeing Practitioner who offers relaxing and nurturing treatments and empowers individuals during times of stress or challenge to help them achieve peace, serenity and life direction.

The Retreat is easily reached from London, Birmingham and other major cities. The nearest train stations are Stafford or Rugeley Town / Rugeley Trent Valley and collection can be arranged.

**The Cannock Chase Healing Retreat**

Holistic Complementary Therapies and Retreats for Body, Mind & Spirit

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