

# 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

## Weekend Retreats

### Friday

Arrival from 4pm

Welcome drink and personalised holistic consultation

Relaxing one hour holistic treatment or activity – see separate list

Light Evening Meal

### Saturday

Morning meditation, gentle movement based on Chi Kung,

Breathing exercises – Pranayama

Optional walk in surrounding countryside / woodland

Choose two 1 hour holistic treatments or activities – see separate list

Time to relax & reflect

Nutritious Breakfast. Lunch & Evening Meal

### Sunday

Morning meditation, gentle movement based on Chi Kung,

Breathing exercises – Pranayama

Choose a one hour treatment or activity – see separate list

Optional walk in surrounding countryside / woodland

Nutritious Breakfast & Light Lunch

Closing Ritual and Card Reading

Depart 2.30 pm

Price includes two nights accommodation in a peaceful, spacious double room overlooking the garden with nearby bathroom.

Fully inclusive price £225 per person

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

## The Cannock Chase Healing Retreat

Holistic Complementary Therapies and Retreats for Body, Mind & Spirit

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