

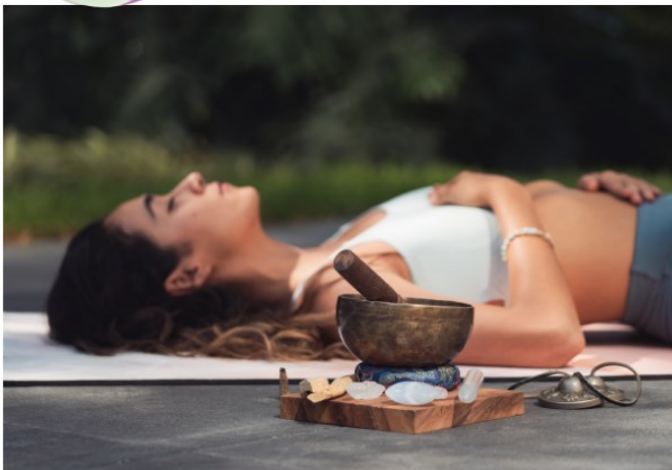
# Nurturing

## STOP BURN OUT RETREAT

- Sunday November 12th
- The Harmony Centre, IP19 9BB
- 10am - 3pm



The Perfect Time for Relaxation  
£66 per person



## Join Sarah Lou

Full Body Connection

Sound Healing

Chakra Yoga for Beginners

Guided Meditation

Angel Tarot Reading

Mini Massage Treatment

Herbal Tea

Free Goodie Bag

**BOOKING ESSENTIAL:**

**07737026052**

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