



Come and join the Awakening day retreat to **Reflect, Reconnect and Recharge** your body, mind and spirit.



# AWAKENING DAY RETREAT

WOOTTON PARK WELLNESS, HENLEY IN ARDEN B95 6HJ  
[WWW.WOOTTONPARKWELLNESS.CO.UK](http://WWW.WOOTTONPARKWELLNESS.CO.UK)

28TH APRIL 2024

9.30AM-5PM

- Yoga
- Forest Bathing
- Nutritious Lunch & Refreshments provided
- SOMA Breathwork, led by a SOMA Breath Instructor
- Fire Ceremony

Early bird  
offer  
~~£149~~  
£111pp

## About Krishna Ruparelia

Krishna is the Founder of Unshakable Resilience and works extensively for FTSE 100 companies offering Coaching and Resilience Programmes to enable leaders and their teams to unleash their potential. An avid Yoga teacher, Krishna has been teaching yoga for over 8 years. Her vision is to enable individuals to cultivate Resilience from the 'inside out' so they can live life with wellness, purpose and passion.



## About Adam Bray

Adam is an Accredited SOMA Breathwork Instructor and cold-water exposure Coach and is on a mission to serve as many people as possible to become aware of what we can achieve with our own breath and what our bodies are capable of.

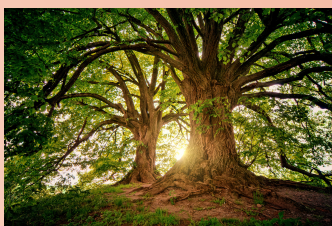


To book your place, contact Krishna at [krishna@unshakableresilience.co.uk](mailto:krishna@unshakableresilience.co.uk)  
Mobile: 07905713468

# AWAKENING RETREAT SCHEDULE



A Hatha Yoga session (suitable for all levels) that energises and invigorates the body bringing calmness and balance in the mind, body and heart.



Forest Bathing - an immersive experience to awaken your senses. Align yourself to nature to recharge, reset and feel renewed.



Experience the world's most transformative breathwork technique, led by a SOMA Breath Instructor, SOMA Breath uses rhythmical breathing and breath retention with brain wave music and guided meditation to bring about a heightened state of mind body relaxation.



Fire Ceremony- A symbolic ritual to let go of things that no longer serve you and invite new intentions for growth and prosperity.



[linkedin.com/in/krishnaruparelia/](https://www.linkedin.com/in/krishnaruparelia/)



[@unshakableresillience](https://www.instagram.com/@unshakableresillience)



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