



6TH JULY 2024

9.30AM-5PM



AWAKENING DAY RETREAT

WOOTTON PARK WELLNESS, HENLEY IN ARDEN B95 6HJ
WWW.WOOTTONPARKWELLNESS.CO.UK

• REFLECT



• RECONNECT



• RECHARGE



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



Early bird
offer
~~£149~~
£111 pp



- **Yoga + guided Meditation**
- **Mindful Walk**
- **Nutritious Lunch & Refreshments provided**
- **SOMA Breathwork, led by a SOMA Breath Instructor**
- **Sound Healing session**



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



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



[Unshakable Resilience](https://www.facebook.com/UnshakableResilience)

To book your place, contact Krishna at:

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 followed by a restorative guided meditation to awaken you to a blissful state.



An immersive experience to awaken your senses during a guided Mindful Walk. 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.



Nourish your spirit with a sound healing session by listening to healing instruments of gongs, crystal bowls, and chimes delivered by a Sound Healer. You will enter a state of complete rejuvenation.



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



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



[Unshakable Resilience](https://www.facebook.com/UnshakableResilience)

**To book your place, contact Krishna at:
krishna@unshakableresilience.co.uk
Mobile: 07905713468**