

CREATIVE HEALTH DAY RETREAT

31ST MAY 2025 – 10AM TO 4PM.

A day of creativity & self-discovery combining the therapeutic art of pottery with the transformative power of mindfulness and health coaching.

- ✨ Find out how **mindfulness** can be your superpower.
- ✨ Learn what it means to **live a values driven life**.
- ✨ Discover why **people pleasing** is bad for your health.
- ✨ Explore how to **use your intuition** to promote health & wellness.

We start the day together exploring these topics and the **link between authenticity & health & wellness**, followed by an afternoon of **relaxing pottery crafting your own ceramic pot**. To help you stay on track you have the option for a **follow up one-to-one coaching session** included in the price.

The Letcombe Studio, Letcombe Regis. OX12 9JD
Price £95

**Take Some
Time For
Yourself!**

TO BOOK CONTACT:



hello@beckygoodcreativehealth.co.uk



07766 115152

ABOUT US

BECKY GOOD CREATIVE HEALTH

www.beckygoodcreativehealth.co.uk

Having a background in ceramics & then training as a Health Coach, I came to realise how my two passions could be combined to create a relaxing & restorative day.



I look to inspire & empower individuals to rediscover their purpose & joy through creative health coaching, guiding them to find clarity & embrace a vibrant & fulfilling life.

CHRISTINE FREY, GLOWING OLDER

www.glowingolder.uk

My passion is helping people in midlife and beyond to feel better about themselves, their life and their future. As a qualified Counsellor, Health Coach and Mindfulness teacher I encourage people to combine the power of the mind with the wisdom of the heart to cultivate true health & wellness and discover a life they love living.

