

# 'PREPPING FOR WINTER'

## 5 DAY HOLISTIC HEALTH SUMMIT 2022

HOST: Sophia Nicholls, MSc, MA, DipPodMed

Join Sophia and expert holistic health coaches and medics as they share valuable insights and actionable steps for managing your health and well being in preparation for winter.



### Monday 5.9.22

Introductions to the week and each speaker

Introduction to the 22 Pillars of Holistic Health (A N.E.W S.T.A.R.T F.O.R M.E R.I.G.H.T N.O.W)

Emphasis on N.E.W - Nutrition, Exercise, and Water

**SPEAKERS:** [Janice Naiken](#), [Vanessa Peat](#), [Kendrick Avant](#)

**CLUBHOUSE LINK:**

[https://www.clubhouse.com/event/xj63wBOA?utm\\_medium=ch\\_event&utm\\_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723](https://www.clubhouse.com/event/xj63wBOA?utm_medium=ch_event&utm_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723)

Holistic Health Summit 5-9 Sept '22



**“**  
If you listen to your body when it whispers then you won't have to hear it scream,  
**”**

Janice Naiken  
Day 1: On zoom and clubhouse  
*Prepping for winter*  
6-7.30pm GMT

Holistic Health summit 5-9 Sept '22



**“**  
Uniquely created just as you are is our approach to health management !  
**”**

Vanessa Peat (UCU)  
Day 1: On zoom and clubhouse  
*Prepping for winter*  
6-7.30pm GMT

Holistic Health summit 5-9 Sept '22



**“**  
Being grateful is listing off what you are grateful for, your gratitude is when you put the 'why' behind it!  
**”**

Kendrick Avant  
Day 1: On zoom and clubhouse  
*Prepping for winter*  
6-7.30pm GMT

### Tuesday 6.9.22

Emphasis on Sunshine and Vitamins, Temperance, AIR (Breath work)

**SPEAKER:** [Jannice Jones](#), Janice Naiken, Vanessa Peat

**CLUBHOUSE LINK:**

[https://www.clubhouse.com/event/P9YLkzEY?utm\\_medium=ch\\_event&utm\\_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723](https://www.clubhouse.com/event/P9YLkzEY?utm_medium=ch_event&utm_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723)

### Wednesday 7.9.22

Emphasis on REST (inclu. Self-Compassion), TRUST in GOD

**SPEAKER:** Vanessa Peat, Jannice Jones, Janice Naiken

**CLUBHOUSE LINK**

[https://www.clubhouse.com/event/xly7jeyL?utm\\_medium=ch\\_event&utm\\_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723](https://www.clubhouse.com/event/xly7jeyL?utm_medium=ch_event&utm_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723)

## Thursday 8.9.22

Emphasis on Emotional Health - Forgiveness (incl. Self-Compassion) & Optimism

**SPEAKERS:** Vanessa Peat, Jannice Jones, Janice Naiken, Deborah Vicks

### CLUBHOUSE LINK

[https://www.clubhouse.com/event/mg87Q31b?utm\\_medium=ch\\_event&utm\\_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723](https://www.clubhouse.com/event/mg87Q31b?utm_medium=ch_event&utm_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723)

## Friday 9.9.22

Emphasis on Power of Reflections, Mentorship, & Gratitude

**SPEAKERS:** Janice Naiken, Tina Vaphiadis, Vanessa Peat, Jannice Jones,

### CLUBHOUSE LINK:

[https://www.clubhouse.com/event/P0O67ApV?utm\\_medium=ch\\_event&utm\\_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723](https://www.clubhouse.com/event/P0O67ApV?utm_medium=ch_event&utm_campaign=YYZm2BqBxQDx8Wc6FHEECw-355723)

### Zoom link

#### Topic: Holistic health Summit Zoom Meeting

Time: Sep 5 - 9, 2022 06:00 – 7.30 PM London (GMT)

Join Zoom Meeting

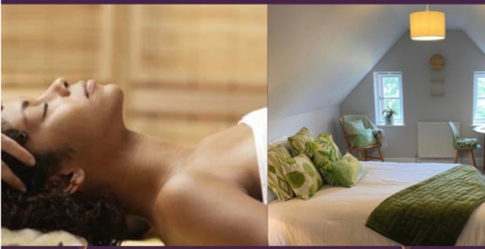
<https://us02web.zoom.us/j/85170948100>

Meeting ID: 851 7094 8100

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# Further holistic health events

**Intelligent Healing *Boutique* Detox  
Retreat 24-27 October 2022**  
Very Limited Availability  
Full Price £1695  
\*Early Bird Discount 10% £1525

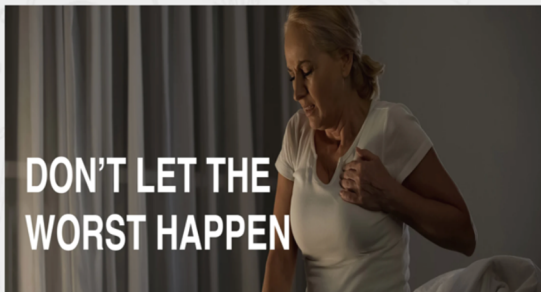


\*Book by Sep 19th

- Personal Consultation
- Authentic Massage
- Infrared sauna
- Infrared dome treatment
- Eco non chlorinated spa
- Colon cleansing
- Sound therapy
- Personalised organic toiletries
- Exclusive tisanes personalised to the individual
- Guided Exercise
- Presentations
- Juices, supplements herbs and plant based meals
- Venue 8 acre organic farm

To book or enquire contact: [janice@intelligent-healing.com](mailto:janice@intelligent-healing.com)

UCU UniquelyCreatedU  
REVITALISING YOUR NUTRITION, HEALTH AND FITNESS



DON'T LET THE WORST HAPPEN

Follow this link to book on to the how to help your health Webinar with Vanessa & Dr Nicholas Peat from Uniquely Created U.

<https://www.eventbrite.co.uk/e/how-to-really-help-your-heart-tickets-399235101937>

Website: [www.sophianicholls.com](http://www.sophianicholls.com) Email: [info@sophianicholls.com](mailto:info@sophianicholls.com)

Linktree: [sophianicholls21](https://www.linktree.com/sophianicholls21)

Next Nature Nature Retreat 30.9.22 -2.10.22  
Limited spaces. Email [info@sophianicholls.com](mailto:info@sophianicholls.com) for more information

# Nature Nurture Retreats @longhills Farmhouse



**3 day intensive  
personal development  
retreat for women**

## EXPLORE

your values, set your  
purpose achieve your  
goals

**\*£500**  
PER PERSON



**Nature Nurture Retreats**

@longhillsfarmhouse

### What is included?

Rewire2Refire - 3 day (18 hours) holistic coaching programme  
for women who want to get 'unstuck'

Also included: JOY CLUB Journal, 121 personal assessment, Personal Self Care  
sessions

**Next Nature Nature Retreat 30.9.22 -2.10.22**  
**Limited spaces. Email for information.**

**CONTACT US** [info@sophianicholls.com](mailto:info@sophianicholls.com)  
\*payment options available

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[www.sophianicholls.com](http://www.sophianicholls.com)