

The Spring Reset

UNBLOCK.RELEASE.RENEW

**WE SPRING CLEAN OUR HOMES,
WHAT ABOUT OUR MIND & OUR BODY?
COULD YOURS DO WITH AN INTERNAL CLEANSE?**

HALF DAY RETREAT

**YOGA, MINDFULNESS MEDITATION, NATURE,
NOURISHMENT**

4TH APRIL 2026

9.30 AM TO 1.30 PM INVESTMENT: NOW £50.00

FOR MORE DETAILS PLEASE SCAN THIS QR CODE



**HOLYMOORSIDE VILLAGE
HOLYMOOR RD,
HOLYMOORSIDE,
CHESTERFIELD S42 7DX**

**TO BOOK OR MORE INFO
: CONTACT JO ON
07971969759**



The Spring Reset

UNBLOCK. RELEASE. RE-NEW IS YOUR SYSTEM STUCK ON 'PAUSE'?

WHEN OUR NERVOUS SYSTEM IS OVERWHELMED, OUR LYMPHATIC SYSTEM STAGNATES, OUR BODY FEELS IT FIRST & OUR MENTAL HEALTH OFTEN FOLLOWS. IF YOU ARE STRUGGLING WITH FATIGUE, BLOATING, OR A LACK OF "GET UP & GO," YOUR BODY'S NATURAL DRAINAGE & DEFENCE SYSTEMS MAY BE STAGNANT & STUCK IN A CYCLE OF CONGESTION. BY COMBINING YIN YOGA, CACAO & SOUND HEALING, WE AREN'T JUST RELAXING, WE ARE PERFORMING A FUNCTIONAL SYSTEM RESET. WE MOVE THE FLUID, WE VIBRATE THE CELLS, AND WE QUIET THE MIND TO ALLOW YOUR NATURAL "GET UP & GO" TO RETURN. THIS IS MORE THAN A RETREAT; IT IS A FUNCTIONAL BODY & MIND CLEANSE. WE ARE MOVING BEYOND SURFACE-LEVEL RELAXATION TO PHYSICALLY & ENERGETICALLY "UNBLOCK" THE PATHWAYS THAT KEEP YOU FEELING VIBRANT.

THE JOURNEY TO ZEN: THE SCHEDULE

09:00 | ARRIVAL & GROUNDING

ARRIVE AT THE BEAUTIFUL LADY MARGARET HALL. SETTLE IN WITH A WARM HERBAL TEA, FIND YOUR SPACE & BEGIN TO LEAVE THE NOISE OF THE WEEK BEHIND.

09:30 | THE PHYSICAL FLUSH: YIN & SOMATIC MOVEMENT

90 MINUTES OF GENTLE YIN MOVEMENT, BREATHWORK & MANUAL LYMPHATIC TECHNIQUES. YIN TARGETS THE DEEP CONNECTIVE TISSUES & HELPS TO RELIEVE STIFFNESS, TIGHTNESS, TENSION & JOINT ACHE, ENABLING BETTER RANGE OF MOTION & ENHANCED MOBILITY.

11:00 | NATURE IMMERSION

A MINDFUL WALK THROUGH THE HISTORIC WELBECK ESTATE. THIS MINDFUL IMMERSION IN NATURE ACTS AS A PALETTE CLEANSER FOR THE LUNGS & MIND, TOPPING UP YOUR OXYGEN LEVELS & GROUNDING YOUR ENERGY.

11:30 | THE HEART OPENING: CACAO & GRATITUDE CEREMONY

USING THE GENTLE PLANT MEDICINE OF CACAO TO INCREASE CIRCULATION & OPEN THE HEART, WE TRANSITION INTO A SPACE OF EMOTIONAL RELEASE. CACAO INCREASES BLOOD FLOW & OPENS THE HEART, ALLOWING YOU TO FIND CLARITY & THE ANSWERS TO QUESTIONS YOU'VE BEEN CARRYING.

12:15 | THE CELLULAR RESET: SOUND BATH & MEDITATION

SURRENDER TO A RESTORATIVE SOUND BATH. WHILE THE FREQUENCIES VIBRATE THROUGH EVERY CELL TO FURTHER "UNCLOG" ENERGETIC BLOCKS, YOU WILL BE GUIDED THROUGH A MEDITATION DESIGNED TO BRING YOU INTO A STATE OF TOTAL STILLNESS & PROFOUND CALM.

13:00 | NOURISH & FLOAT

CONCLUDE WITH LIGHT, NUTRITIOUS SNACKS DESIGNED TO SUPPORT YOUR BODY'S DETOX PROCESS. LEAVE FEELING LIGHTER, CLEARER & COMPLETELY ZEN.

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4TH APRIL 2026 9.30 AM TO 1.30 PM

TO SUPPORT YOUR JOURNEY, WE'VE CREATED THE 'SOUL CONNECTION' BUNDLE.

THEY SAY THE ENERGY OF A ROOM SHIFTS WHEN WE HEAL IN COMMUNITY. IF YOU'VE BEEN LOOKING FOR A SIGN TO HIT 'RESET,' WHY NOT BRING A FRIEND ALONG FOR THE JOURNEY?

OUR SPRING RESET AT WELBECK ESTATE IS DESIGNED TO UNBLOCK YOUR SYSTEM & CLEAR THE FOG & NOW YOU CAN SHARE THE EXPERIENCE.

THE SOUL CONNECTION OFFER: BOOK TWO MATS TOGETHER FOR £115 (SAVING £15) AND START YOUR SPRING RESET SIDE-BY-SIDE.

WHETHER IT'S YOUR BEST FRIEND, YOUR SISTER, OR A PARTNER, COME AND SPEND 4 HOURS FLOATING THROUGH YIN, CACAO, SOUND & NATURE TOGETHER - YOUR MIND & BODY WILL THANK YOU FOR IT!

MAKE YOUR PAYMENT TO:

CHASE

GIUSEPPINA GAWTHORPE

SORT CODE : 60-84-07

ACCOUNT NUMBER: 14370595

REF: YOUR NAME

FULL REFUNDS PROVIDED IF WE CANCEL FOR ANY REASON, OR IF YOU CANCEL BY MARCH 15TH; PLEASE NOTE THAT WE ARE UNABLE TO OFFER REFUNDS AFTER THIS DATE