

**naman**

**NEED A BREAK FROM  
YOUR USUAL ROUTINE?**



**Time To Relax  
For Self Care  
Space To Recharge**

**JOIN WELL BEING RETREAT**

**For More Details**

[www.naman-wellbeing.com](http://www.naman-wellbeing.com)  
[Email-support@naman-wellbeing.com](mailto:Email-support@naman-wellbeing.com)

***BOOK ONE OF  
THE  
WELLBEING  
RETREATS  
TODAY***

**17<sup>th</sup> February 2024 9.00am to 5.00pm**

**16<sup>th</sup> March 2024 9.00am to 5.00pm**

**At**

**A fabulous lake side location in Kent**

***Limited spaces***

***Book today - [support@naman-wellbeing.com](mailto:support@naman-wellbeing.com)***