



BOOMLIFE

Events and Retreats

EVENT/ RETREAT	LOCATION	DATE	COST
Recharge and Revitalize Evening Mini Retreat	Warrington	Friday 7th Feb 7.30pm- 10.30pm	£49
Spring Awakening Weekend Retreat	Lake District	21st March – 25th March (3 days)	£690
Spring Equinox Day Retreat	Warrington	Saturday 10th May 10am-5pm	£99
Summer Solstice Day Retreat	Warrington	Saturday 21st June 10am - 5pm	£99
Reset and Recalibrate Evening Mini Retreat	Warrington	Friday 11th July 7.30pm-10.30pm	£49
Day retreat Summer of Love	Warrington	Saturday 13th Sept 10- 5pm	£99
Summer of Love	Lake District	3rd Oct – 6th (3 days)	£690
Day retreat	Warrington	13th Sept 10- 5pm	£99
Autumn Elements Weekend Retreat	Lake District	17th - 20th Oct	£690
Winter Warmer Evening Mini Retreat	Warrington	Friday 28th Nov 7.30pm-10.30pm	£49
New Year, New Me Day Retreat	Warrington	Saturday 24th January 10am - 5pm	£99

You must pre book as our events and retreats sell out fast. Our events and retreats include healing modalities such as Yoga, cacao ceremony, sound and energy healing, meditation, fire and drumming circles, mindful walks and forest bathing, shamanic practises, plant medicine ceremonies, regression hypnotherapy sessions, mental and emotional balance workshops, total mind, body and spirit healing, connection and pure bliss.

TO BOOK

Call Jo on **07776 168215**
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Find out more at **boomlife.co.uk**



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