



SPRING

Awakening

Friday 8th - Monday 11th
March 2024

BoomLife presents
**"One Life to Live" Spring
Awakening Retreat.**

Immerse yourself in a weekend
of holistic healing and therapies,
Yoga, mindfulness & meditation.

"Amazing heartfelt experience"

*"Felt like I was living
my best life!"*

*"Had a wonderful time from
start to finish, absolutely
beautiful"*

To book please call Jo on **07776 168215**
Find out more at **boomlife.co.uk**

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Only
20 Spaces

Retreats sell out fast to avoid disappointment secure your place now.

About the Retreat

Come join us in the beautiful Lake district you will be transported into a weekend of pure bliss and natural whealing therapies. Our retreat will provide you with bed and breakfast, lunch, dinner, great company, like minded souls and lots of laughter too.

Plus special guests workshops to enlighten and fill your soul

Itinerary Includes:

Yoga & meditation sessions
Mindful walking & forest bathing
Wild water swimming
Gong bath & soundhealing sessions
Mental and emotional balance workshop
Tai Chi
Cacao ceremony
Drumming and fire gathering

Choice of 1-2-1 sessions:

Angelic Reiki healing & chakra balancing
Soul healing deep tissue Massage
Reflexology
Indian head massage
Energizing Facial
Meditation
1-2-1 life coaching
Regression Hypnotherapy

"I loved the range of activities on offer. The therapists and other guests were amazing-so supportive. I felt safe and cared for throughout."

Venue

Lanehead is a historic and charming property, overlooking Lake Coniston, a pure inspiration for mind, body and soul, this beautiful house is nestled right in the heart of the Lake District. The area's majestic lakes, expansive and dramatic high fells and pretty villages, provide the perfect location to immerse yourself in a weekend of yoga, healing and therapies.

Price

£690 for 3 nights full board includes 1 holistic therapy of your choice and all activities included. 30% deposit due to secure your place with balance due 7th January .