



# SUMMER

## *New Moon*

**Friday 5<sup>th</sup> - Monday 8<sup>th</sup>**  
July 2024

BoomLife presents  
*"Summer New Moon" 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** or email **boomlife111@gmail.com**  
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 healing 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 and live entertainment to enlighten and fill you soul.

### Itinerary Includes:

Yoga & meditation sessions  
Mindful walking & forest bathing  
Wild water swimming  
Gong bath & sound healing 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  
Energising Facial  
Meditation  
1-2-1 life coaching  
Regression Hypnotherapy

*"This was one of the most amazing experiences of my life, this beautiful weekend has exceeded all my expectations, I just want to share it with the world, thankyou Boomlife!"*

### 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

£740 for 3 nights full board includes 1 holistic therapy of your choice and all activities included. 30% deposit due to secure your place, balance due by 5<sup>th</sup> May.