



One life to love

Boomlife presents

FLOURISH TO BLOOM

— A Spring Day Retreat for the Soul —



As spring awakens the earth, you are invited to awaken too.



Yoga & meditation



Optional wild swim

** Must bring own wetsuit & wet shoes*



Wreath making



Sound bath & energy healing

Cacao & fire ceremony 

✦ EVENT DETAILS ✦



Date: 16th May



Time: 10:00am – 5:00pm



Location: *St James the Great Church Hall*



Investment: £134

♥ Limited availability – early booking essential ♥

♥ TO SECURE YOUR PLACE ♥

Contact Jo



07776 168215

Our retreats and events sell out quickly – please book early to avoid disappointment.