



Boomlife Wellness  
One life to love

# NEW YEAR, NEW ME Day Retreat

WELCOME 2027 WITH A TOTAL RESET

Join us for a beautiful day of connection, renewal, and re-balance – a chance to slow down, **reconnect**, and begin the year feeling grounded, **nourished**, and **inspired**.



## What to Expect



Yoga, meditation & Chi energy movement



5 Senses mindful walk



Workshop on mind, body & spirit connection and restoration



Sound bath, energy healing & biofield cleansing



Cacao & fire ceremony



Wholesome food & refreshments throughout the day

INVESTMENT

£99

PER PERSON



### Limited availability

Our events and retreats sell out quickly – early booking is strongly recommended to avoid disappointment.



### DATE

Saturday 2nd January 2027



### TIME

10:00am – 5:00pm



### LOCATION

St James The Great Church Hall



Spend the day immersed in self-love and self-care, guided by our experienced team of healers and holistic practitioners.



Booking

