



Boomlife Wellness
One life to love

RESET & REBALANCE

— EVENING —

with *Boomlife*



Step out of the busyness and into a space just for *you*. A nurturing evening to **reset** your energy, **rebalance** your mind and body, and **reconnect** with what truly matters.

A sacred evening to reset, recharge and realign
♡

What to Expect



Gentle Yoga to release and unwind



Chi Movement & Guided Meditation



Sacred Cacao Ceremony



Energy Healing & Chakra Balancing



Alchemy Sound Bath for Deep Restoration

INVESTMENT

£55



Light, nourishing food and refreshments will be lovingly provided.



DATE

4th Sept 2026



TIME

7:00pm – 10:00pm



LOCATION

St James The Great Church Hall
Wrightington



Booking ♡

To reserve your place, contact Jo

📞 07776 168215



♡ ONE LIFE TO LOVE ♡