

WINTER WARMER

A Mini Retreat Evening

with *Boomlife*



As the days grow darker, join us in sacred space to *slow down, soften, and reconnect*. An evening of warmth, presence, and deep restoration for your *mind, body, and soul*.



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. ♥

Booking

To reserve your place, contact Jo

☎ 07776 168215



DATE

11th Dec 2026



TIME

7:00pm – 10:00pm



LOCATION

St James The Great Church Hall
Wrightington



Boomlife

♥ ONE LIFE TO LOVE ♥