



Relax, Nourish and Renew Retreat Day for Mums

Join Anisa at Avalon Wellbeing Centre for a day of reflection before the Summer with the kids officially starts.

Anisa will start the morning with you in the Nest with a talk for mums bespoke to the women in the room, focusing on topics of routine, self-care, big emotions and confidence both yours and your kids. You will be asked to complete a quick questionnaire upon booking so the talk can be tailored to your needs and questions. During the talk, organic hand-blended herbal teas will be provided.

Spend time after the talk enjoying Avalon's sublime Pool Suite, Relaxation Room and Conscious Library. The Pool Suite includes: 20m Clear Pool (low-chemical and gentle on the body), Hydromassage Pool, organically designed Sauna and Steam Rooms. Relax, nourish and renew whilst spending time with fellow parents... Unravel your thoughts from the morning talk.

Healthy lunch at Utopia is also included and will be served at 1.30pm after your time in the Pool Suite. Utopia is a beautiful Bistro set in the Walled Garden at Broughton Hall.

To book email: anisa@positiveparentingcoaching.com or call 07792176888

Relax, Nourish and Renew Retreat Day for Mums
Wednesday, 17th July, 09:30 to 14:30
Avalon Wellbeing Centre, Skipton
£95

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