

blue lotus therapies
holistic hypnotherapy & complementary therapies

WELLBEING DAY RETREAT

empowering journey of self discovery

beautiful moors
surroundings



suitable for
beginners

about your journey

- ♥ somatic movement
- ♥ chakra activation
- ♥ nidra
- ♥ pranayama
- ♥ reiki for self care
- ♥ mindful practice
- ♥ meditation

Clearbrook Village Hall
Saturday 16th March 24

10am - 1pm

Contact Jasmine for full details
Suitable for anyone with an interest!

only **£33**

contact to book your place

☎ 07710 479 591

✉ jasmine@bluelotushypnotherapy.co.uk

e Eventbrite: search Blue Lotus Wellbeing Day Retreat to book

www.bluelotushypnotherapy.co.uk

The Observatory Practice, 8 The Crescent, Plymouth PL1 3AB