

# SPRING IS IN THE AIR

Replenish and Re-energize - The New You!



2012

**Come as strangers - leave as friends!**

*Warm and friendly environment with a team of professional therapists who we trust and who LOVE what they do*



**March 23rd - 25th 2012**

**All inclusive weekend from £270-£300 per person**

*Colour, Sound and Relaxation Therapy,*

*Workshops: choose from... Guided Meditation, Art Therapy, Zumba,*

*NLP (Neuro Lingusitic Programming) EFT (Emotional Freedom Technique)*

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