

Manifest your dreams in 2025 a golden opportunity to step into your power and create your heart desire

I am excited to invite you to a transformative weekend retreat dedicated to inner peace and rejuvenation, set in the serene heart of Norfolk. This is a unique opportunity to reconnect with yourself and the natural world around you.

Retreat Highlights:

- **Silence and Reflection:** Embrace the power of silence to deepen your inner awareness and promote a sense of calm.
- **Gong Bath Experience:** Immerse yourself in the soothing sounds of a Gong Bath, designed to harmonize your mind, body, and spirit.
Nourish your body with delicious meals prepared with love and care to enhance your overall wellbeing.
- **Guided Meditation:** Taking you into inner peace and tranquility of your heart.
- **Beautiful Setting:** Enjoy the tranquil beauty of our retreat venue, a peaceful haven surrounded by nature.

Details:

2 Nights Stay.

Date: 21 March - 23rd | November 28 - 30th

Location: Breathing Space Norfolk

Cost: Shared room £375 ahead . Single room £425

RSVP: As soon as possible £100 deposit to secure your space.

This retreat will be a nurturing space for you to unwind, reflect, and replenish your energy. Whether you seek relaxation, inspiration, or personal growth, this weekend promises to be a rejuvenating experience.



Paulina Jones
Energy Healer & Artist

Contact myself, directly:

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