



Spring Awakening Mindfulness Weekend



Scan the QR code for more
information or call: +44

07960976398

www.MicheleClaiborne.com

Saturday 25th May 10am - Sunday 3.30pm

Mill Lake Retreat, St Osyth, Essex hosted by Michele Claiborne
Enjoy eight transformative mindfulness workshops, each designed to deepen and to introduce new aspects to your individual mindfulness practice, for mind, body, and soul in a serene lakeside setting. The weekend offers a rare opportunity to experience a myriad of wellbeing practices, from meditation and managing physical and mental health issues to gentle yoga and kitchen pharmacy. Also enjoy delicious and nutritious vegetarian meals from the retreat gardens, a fire circle, drumming and more for only **£225 all inclusive**