



A day of wellness, connection and self-care

Women's only retreat at the stunning Cow Shed in the quaint and beautiful village of Newnham in Warwickshire.

Join us for a day of relaxation, rebalancing and self-care.



The Cow Shed, Retreat Farm, Newnham, Henley-in-Arden B95 6DU

Saturday 22nd February 2025 8am to 6pm

Pilates

a restorative pilates session with Kate Ray



A choice of reiki or reflexology treatment.



Reiki Healing

rebalancing of your chakras with a reiki session with Sarah Harris

Reflexology

a natural way to heal. Reflexology treatment relieves stress and tension and restores vitality.



Facial Yoga

"Rejuvenate and glow with a 30-minute Facial Yoga taster session - discover natural techniques to tone, relax, and refresh your face."



Tai Chi

a relaxing session of Tai Chi to end the day with Julia Mitchell



Wellness Workshop

'Energy, Mood and Hormones- unlocking the Power of Nutrition for Women's Health'

As a Registered Health and Wellbeing and Life Coach, Menopause Coach and Stress Management Consultant, Elsa uses a unique combination of nutrition, lifestyle advice and coaching to support you to get you where you want to be.



A delicious and healthy lunch and tasty snacks will be carefully prepared by the Lexi from Lexi's Loving Spoonful.



Escape the everyday and join us for a restorative day retreat nestled in the beautiful village of Newnham in Warwickshire. Whether you need time to recharge or wish to try something new, this day promises to leave you feeling refreshed and balanced.

What's Included: *Pilates Class*: A calming, energising session led by experienced instructor Kate Ray, designed to strengthen your body and bring balance to your mind.

***Reiki Healing*:** Relax and restore with a soothing Reiki session from Sarah Harris, focusing on energy flow and stress relief or choose

Reflexology from Sara Sheridan, using pressure points to release tension and to heal you from the inside out.



Access to Luxury Facilities: Enjoy the serene surroundings of The Cow Shed, including a heated pool, hot tub, and private grounds, perfect for unwinding in nature. Enjoy nourishing, snacks and lunch provided by our professional caterer, ensuring you feel taken care of from the inside out. Kate will take you through a Facial Yoga session, from increasing circulation to improving skin elasticity, there's lot's of great benefits to Facial Yoga. Then there will an opportunity to gently wind down with a Tai Chi session with Julia Mitchell. Tai Chi is an ancient Chinese martial art, sometimes called "shadow boxing" or "meditation in motion". It's a mix of gentle exercise and meditation.

Price Per Person: £145 (£45 Deposit required to secure your place)

Spaces are limited, so don't miss your chance to join this exclusive day of wellness. Bookings close on Friday 15th February 2025.

Book your spot today! Call Kate on 07897 114308 or Sarah on 07980 921909

Email: matpilateswithkate@gmail.com or contact@reikihealingbysarah.co.uk