

# RESET & RECHARGE

WELLBEING RETREAT DAY

FRIDAY 19<sup>TH</sup> SEPTEMBER

MIDDLETON HALL RETIREMENT VILLAGE

9.30AM - 2.30PM

Step away from the noise of everyday life and gift yourself a day of calm, clarity, and connection. Our Reset and Recharge retreat is a nurturing space — designed to help you slow down, reflect, and realign with what truly matters. Through powerful NLP coaching, goal setting, and guided meditation, you'll gently let go of what's holding you back and begin to shape a more intentional future.

Indulge in soul-soothing breath work, a luxurious TEMPLESPA facial and relaxation session, and enjoy time to simply be. Whether you're craving stillness, clarity, or just some well-deserved pampering, this retreat offers the perfect balance of self-care and personal growth. Join us from 9:15am for a 9:30am start; a light lunch is included, and we'll wrap up by 2:30pm, leaving you refreshed, inspired, and ready to move forward with purpose.

Hosted by Amanda Gardiner & Jane Maffey

**BOOK NOW**



**07809132481**

**innerpeacecoaching68@gmail.com**

**£65 per person**

**light lunch & refreshments included**