

LADIES SPRING REVIVAL RETREAT

17-19 MAY 2019

OUR SPRING RETREAT WILL BE AN OPPORTUNITY FOR YOU TO GET AWAY FROM YOUR EVERYDAY AND ESCAPE TO NATURE WITH LIKE-MINDED LADIES.

WE WILL BE CULTIVATING AN ENVIRONMENT OF REVIVAL AND RESTORATION THROUGH THE ASPECTS OF SPACE, CONNECTION & STRENGTH, LOOKING AT EACH THROUGH BOTH THE BODY/MIND OR INNER/OUTER REALITIES.

SPACE

SPACE IN THE BODY THROUGH MOVEMENT AND STRETCH
SPACE IN THE MIND THROUGH RELAXATION AND QUIET



STRENGTH

STRENGTH OF BODY WITH PILATES AND PHYSICAL ACTIVITY
STRENGTH OF MIND WITH INTENTION SETTING AND JOURNALLING



CONNECTION

CONNECTION WITH OTHER WOMEN AND THE ENVIRONMENT
CONNECTION WITH YOURSELF AND DESIRES



LADIES SPRING REVIVAL RETREAT

17-19 MAY 2019

FRIDAY

4PM - ARRIVAL & CHECK-IN

5PM - WELCOME ORIENTATION

CONNECTION

6PM - OUTDOOR YOGA MOVEMENT

ALL

7PM - DINNER

8.30PM - SOUNDBATH

SPACE

SATURDAY

8AM - MORNING WALKING MEDITATION

SPACE

9AM - BREAKFAST

11AM - JOURNAL EXERCISE

CONNECTION

12PM - PILATES

STRENGTH

1PM - LUNCH

2.30PM - DOWNTIME

SPACE

6PM - PIZZA-MAKING

CONNECTION

8.30PM - BURN YOUR FEARS

STRENGTH

SUNDAY

8AM - OUTDOOR YOGA MOVEMENT

ALL

9AM - BREAKFAST

11AM - NATURE ACTIVITY

CONNECTION

2PM - LUNCH

4PM - DEPART

ALSO INCLUDED - ALL MEALS BY THE SUSTAINABLE FOOD STORY, A HEALTHY DOSE OF FUN,
GOOD CONVERSATION AND ACCESS TO HOT TUB & MASSAGE TENT.

£349 PP*

FOR MORE INFO, T&C'S & BOOKING VISIT WWW.LADYSHIFT.CO/RETREATS

*DEPOSIT OF £199 IF REQUIRED ON BOOKING AND ACCOMMODATION IS BASED ON SHARED TWIN BELL
TENTS. 3 OR 4 PERSON TENTS ARE AVAILABLE AT A LOWER RATE