



## Talk to us!

Email: [adriennehalliday@gmail.com](mailto:adriennehalliday@gmail.com)  
[roisinarwoodeyahoo.co.uk](mailto:roisinarwoodeyahoo.co.uk)  
 Phone: Adrienne Halliday 07885 730495  
 Roisin Wood 07854 403164  
 Website: [www.adriennesholistichealthcare.com](http://www.adriennesholistichealthcare.com)

"The future depends on what we  
do in the present"

Mahatma Gandhi



artful  
mind

### ART WORKSHOPS

Inspiring Curiosity  
and Developing  
Awareness  
through Art



## Holistic Hideaway Wellness Retreat

TAKE TIME FOR YOU

12TH-15TH JUNE 2020  
STANTON GUILDHOUSE NR  
BROADWAY, WR12 7NE





**Yin Yoga classes, Therapeutic Treatments, Art workshops, Hiking in the beautiful Cotswolds, Homeopathy Workshop, Naturopathy and Nutrition Workshop, Nutritious Food.**

**Our aim is to send you home relaxed, de-stressed, focused, inspired and with a great sense of well-being. An experience to remember.**

This weekend retreat is All inclusive, one treatment per guest. Maximum 15 people, double and twin rooms available. Join in as little or as much as you wish! Contact us for further information on prices and availability.

**MORE THAN A RELAXING  
GETAWAY**

**TIME TO HEAL  
TIME TO RELAX  
TIME TO REPAIR  
TIME TO ENERGISE  
TIME TO LEARN  
TIME TO CREATE  
TIME TO MAKE NEW  
FRIENDS  
TIME FOR PEACE OF MIND**



**YIN YOGA  
WITH ROISIN WOOD**



This is a steady, slow and static style of yoga developed to encourage you to focus deep inside yourself. It requires stillness, breath and meditation. Specific postures (asanas) are held for longer periods of time to encourage flexibility and invigorate the energy systems that flow with the body.

**MASSAGE OR REFLEXOLOGY...YOU CHOOSE, WITH ADRIENNE HALLIDAY**

Massages have been viewed as hugely beneficial to the health and well-being of an individual, relieving stress, reducing muscle aches and pains and improving blood and lymphatic flow are a few of the benefits of regular massages. Reflexology is a non-invasive treatment which stimulates the reflex points on the feet. It is able to treat chronic & acute conditions, give pain relief, and alleviate stress, anxiety and depression.

**ART, HOMEOPATHY AND  
NATUROPATHY WORKSHOPS**



Artful Mindscape workshop with Karine Gazarian PhD. Allow your individual creativity to flow with this wonderful art therapy.

What Is Homeopathy workshop- with Annie Hutchison LCCH. An explanation and group discussion on what Homeopathy is, what it isn't, why it works and why it sometimes doesn't.

Naturopathic Healing workshop with Nicky Skead Nutritional Therapist and Naturopath - gain an insight to fulfil your own potential, to take back your power and responsibility for your health.

