

# Fit2Relax

*MINDFULNESS & RELAXATION 1 Day Taster RETREAT*

*17<sup>th</sup> January 2021 – 10.00am – 5.00pm -- £40.00 (12 places only)*

*The Friars, Nr. Maidstone, Kent*



## *A 2021 PRESENT FOR YOU!!*

Have you ever considered attending a retreat, but feel unsure of what to expect?

Are you concerned that you may not “fit in”?

Maybe you feel too nervous or worried to commit - So you decide not to book?

..... If any of the above resonates with you, then this is the ideal opportunity for you to “dip your toe in” & have a miniature taster of how a retreat might look & feel.

OR

Maybe you just want a bit of “ME TIME” to chill out?

Take a small break from your chores?

Leave the family behind for a few hours?

Just experience some rest & peacefulness?

..... During this “taster day” you will experience some RELAXATION style classes.

Learn about Mindfulness, the power of the Sub-Conscious Mind & understand the Creative Process.

### What's included:-

- Private exercise & social space
- Tea, coffee, soft drinks
- Taster sessions of – Tai Chi. Yoga. Chi Ball. Walk. Mindfulness Talk.

### What's NOT included:-

- Lunch – (Bring a pack lunch or buy on-site)
- Transport – (Car share can be arranged)
- **Call Mandy 07870805707 [www.fit2relax.org](http://www.fit2relax.org) – [info@fit2relax.org](mailto:info@fit2relax.org)**