



# Live the Life you Love

## Women's Vital Health Retreat

### 6-9 March 2019

### Great Somerford, Wiltshire



**Would you like to be nurtured, supported and inspired in the company of other women?**

As we know, emotional stresses and hormonal imbalances can play havoc with our ability to deal with life. We can all develop unhealthy habits in our thoughts and our lifestyles that impact our health and general wellbeing.

Why not join Sue Allen, renowned international life coach and other leading therapists for 3 days in beautiful rural Wiltshire. You'll be with experts who want to share their huge wisdom and you will leave with new friends. There will be lots of juicing, yoga, laughter and fun!

## Vital Health therapists



Patricia Campbell-Parker  
Juicing Diva



Alicky Gravell  
Reflexology, Shiatsu  
and EFT



Mairi Taylor  
Womens Wellness  
Coach



Amanda Spring  
Colon Hydrotherapist



## Prices

Earlybird Price (until Feb 20 – £320.  
This includes tuition, juices, yoga  
and meditation

Final Price (after Feb 20) – £399. This  
includes tuition, juices, yoga and  
meditation

Contact Alex to register your interest.  
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Email: alex@visionworksforlife.com

[www.vitalhealthretreat.com](http://www.vitalhealthretreat.com)



*"A complete revitalisation  
of mind and body"*

– A K