


NEW DATE!
MOVED FROM JULY
FOLLOWING
FEEDBACK




THE EMPOWERED PAUSE™

Autumn Retreat Day



*A nurturing day to pause,
reflect, reconnect and **return** to you.*



SATURDAY
17TH OCTOBER 2026
9.30am – 4.30pm



MILL HOUSE RETREAT,
NR TIVERTON



**LUNCH &
REFRESHMENTS
INCLUDED**



Reflective
Workshop



Restorative
Movement
Session



Self-Care Facial
Reflexology
Workshop



Deep Relaxation
Meditation



Sound
Bath

£190

LIMITED PLACES AVAILABLE 

*Investment in you.
A day just for you.*



MESSAGE US TO BOOK YOUR PLACE