RELAXATION & MEDITATION
"CREATING" the life you desire

Fit2Relax

What's included:-

- Private learning environment (Fit2Relax ladies only)
- Lessons on the Principles of "Creating"
- Meditation & Relaxation
- Single Bedroom
- Breakfast. Lunch. Dinner
- Private social space

WHO IS IT FOR?

- Women who want to Relax & experience Peace
- Women looking to re-assess their life
- Women who want learn beginners meditation
- Women who want to enhance their life!

Contact Mandy – 07870805707

www.fit2relax.org

Sat 28th- Sun 29th July 2018

The Friars – Nr. Maidstone, Kent

£197.00 Single Room-Full Board