

Mind Body & Soul Cleansing Retreat

You are not a body with a Soul, but a Soul with a body

By Naz (NLP Practitioner, Hypnotherapist Practitioner, NLP Life Coach, Time Line Therapy ® Practitioner, Degree in Psychology)

From Saturday 13th April to Wednesday 17th April

Rural France

The retreat is an opportunity for a total detox of mind body and soul. Four days of personal development, packed with spiritual activities and workshops;

- Tuning into your Guardian Angel
- Understanding the energy codes of the universe (Science & Spirituality become one)
- Learning to see and heal Auras
- Detachment through Attachment (Workshop)
- Inner transformation by observing a day of silence
- Under the stars meditation, outside, around the fire pit
- A variety of meditations (kundalini, vipasana, guided and walking meditations)
- Dew walking, feeling the grass barefoot strengthens your immune system
- Rumi poetry in the evenings, followed by whirling dance meditation
- Workshop on Divination tools (Tarot Cards, Scrying, Pendulums, Runes)
- Electro-magnetic radiation detox – purify your mind, body and soul

Cost : £699 (Spread the cost by paying in instalments)

Cost include accommodation, travel to/from France, fresh organic vegetarian meals, unlimited refreshments.

Please note that a non refundable deposit of £150 will be required at the time of booking.

Places are limited and allocated on first come first served basis.

www.psychichands.com

07863320633

info@psychichands.com