

The Retreat

The Wellness Village
2024 Timetable and Prices

Please note you will still require a standard entrance ticket to the Salisbury Summer Fair to attend a retreat session. These can be purchased alongside your retreat ticket.

Health
& Wellness

Classes,
workshops,
talks,
treatments

Workshops

Classes

Talks

	The Harmony Tent	The Wellbeing Tent	The Body Tent	The Soul Tent	The Mind Tent
11.30	11:30-12:15 Woman on the mountain Guided meditation With Pixie £10.00	11:30-12:15 EFT tapping circle With Michelle £10.00	11:30-12:15 Functional yin yang yoga With Sam £10.00	11:30-12:15 Sound reiki With Lilli £15.00	11:30-12:00 Say goodbye to bloating With Katherine £5.00
12.00					12:15-12:45 Achieve healthy skin With Louise £5.00
12.30	12:30-13:15 Cocoa ceremony With Dee £10.00	12:30-13:15 Embracing the art of gratitude With Rachael £10.00	12:30-13:15 Fascia fitness With Nette £10.00	12:30-13:15 Breathwork and mantras With Sandi £10.00	
13.00					13:00-13:30 Sound and energy healing With Lilli £5.00
13.30	13:30-14:15 Shamanic Journey With Natalie £10.00	13:30-14:15 Power beyond belief With Nina £10.00	13:30-14:15 Dynamic vinyasa hatha yoga With Polly £10.00	13:30-14:15 Meditation session With Karen £10.00	13:45-14:15 Imposter syndrome With Jules £5.00
14.00					
14.30	14:30-15:15 Activating your vagus nerve for healing With Claire £10.00	14:30-15:15 The mind gut connection With Nikki £10.00	14:30-15:15 Pilates balls and bands With Girls Love Fit £10.00	14:30-15:15 Qi gong With Anthea £10.00	14:30 - 15:00 Energy unblocking With Jenna £5.00
15.00					
15.30	15:30-16:15 Rapid transformational therapy With Laura £10.00	15:30-16:15 Three ways to heal with a singing bowl With Ali £10.00	15:30-16:15 African dance With Lydia £10.00	15:30-16:15 Gong bath With Sarah £15.00	15:15 - 15:45 Food Intolerance With Pixie £5.00
16.00					16:00 - 16:30 Hypnotherapy With Amy £5.00
16.30			16:30-17.00 Restorative yoga With Suzanne £8.00	16:30-17.00 Chakra meditation With Polly £8.00	
17.00					

Bell Tents and Shepard Huts All day

Treatments - £54.00

Massage with Vita Skin Spa

offering a choice of a back, neck and shoulder
massage, Indian Head Massage or a Thai Foot
Massage.

Reiki with Karen and Sam

Readings - £20.00

Tarot reading with Sophia

Thank you to our sponsors



Due to the kindness of our teachers, speakers, supporters and sponsors, 100% of the money raised at The Retreat goes to The Salisbury Hospice Charity. Our thanks to Primrose Marquees, DP Marquees and Woodford Shepherd Huts.