

# RETREAT

## DARTMOUTH - SOUTH DEVON



View from the venue, Dartmouth Harbour Heights—[www.dartmouthholiday.co.uk](http://www.dartmouthholiday.co.uk)

Take a step back from your day to day activities & join us to 3D/360 Tour—

<https://my.matterport.com/show/?m=qJKJW1ARKNf>

- ♥ Deepen your understanding of how your mind works
- ♥ Help reconnect with your inbuilt wellbeing & resilience
- ♥ Experience life with more ease
- ♥ Relax in a house with the 'WOW' factor, with breath-taking view, 5 star tripadvisor

<b>DATE</b>	- SATURDAY 25th JANUARY 2020	10.00am for a 10.30am start
	- SUNDAY 26th JANUARY 2020	4pm finish
<b>VENUE</b>	- Dartmouth Harbour Heights, Jawbones Hill, Dartmouth, TQ6 9RN	
<b>FACILITATORS</b>	- <i>Wellbeing Coaches 3P s</i> —Liz Scott , Ann Buckingham , Stuart Newberry	
<b>TESTIMONALS</b>	- <i>“I experienced profound insights &amp; have a deeper connection to my inner resilience—you can't afford to not attend this Retreat”—Siobain</i>	
	- <i>“ Everyone has been amazing, supportive &amp; just present &amp; I really understand now that I will be OK, no matter what I am feeling”— Sharon</i>	
<b>COST</b>	- Retreat, B & B, Lunch & Dinner at venue	- £497 for 2 sharing room, £249 pp
		- £345 pp (individual room)
	- Retreat without accommodation	- £195 per person
<b>OPPORTUNITY</b>	- TO STAY FOR FRIDAY NIGHT	
<b>BOOKINGS</b>	- Ann Buckingham - 07815 824 821 - <a href="mailto:info@dartmouthholiday.co.uk">info@dartmouthholiday.co.uk</a>	