



# Complete Wellbeing Retreat

Happiness workshops, Yoga and Mindfulness sessions

**12-15<sup>th</sup> October 2018, Devon**

For the first time Deborah Smith, International Positive Psychologist and Mindfulness Expert joins forces with Tania Shillam, Yoga Teacher, to bring you a unique and truly complete wellbeing retreat, taking care of your Mind, Body and Spirit.

The weekend (3 nights) will have happiness workshops, mindfulness and yoga sessions throughout and will cater for both beginners and experienced people.

All aspects of your wellbeing have been considered. The retreat will be held in a beautiful environment, the house is an 18<sup>th</sup> Century Palladian Villa set on a 550 acre estate on the River Dart in South Devon. The food is fantastic seasonal vegetarian food and the water is from the natural spring.

Join us for a truly remarkable weekend, full of peace, relaxation, joy and laughter plus lots of take away skills!

**For bookings and more information please contact:  
Deborah at [DEBORAH@GYOH.CO.UK](mailto:DEBORAH@GYOH.CO.UK)  
or Tania at [TANIA\\_SHILLAM@HOTMAIL.COM](mailto:TANIA_SHILLAM@HOTMAIL.COM)**



**Investment towards your health:  
Early Bird Rate: £445 (before 30<sup>th</sup> April '18)**

**Full Price: £495**

**Premium Room: £515 Early Bird Rate  
or £565 Full Price**

**Cost includes: Individual attention  
(maximum 14 participants),  
accommodation, meals and tuition.**

