



Complete Wellbeing Retreat

Happiness workshops, Yoga and Mindfulness sessions
25-28th June 2020, Devon

Join Deborah Smith, International Positive Psychologist, Mindfulness Expert and Author; Maria Marshall and Emily Katsuno, Yoga Teachers, for an amazingly inspiring, complete wellbeing retreat – designed to take 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 18th 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**



**Investment towards your health:
10% Discount for Early bird booking
by 1st March 2020
Shared Room: £515
Single Room: £545
Double Room: £585
Cost includes: Tuition, accommodation,
meals and tea/coffee.**





Complete Wellbeing Retreat

A Weekend of Happiness Workshops, Yoga and Mindfulness Sessions

25-28th June 2020, Devon
3 Nights

About Us:

Deborah, Positive Psychologist, Mindfulness Expert and Author

Deborah has been a practising psychologist and mindfulness teacher for over 25 years and has an MSc in Positive Psychology. She has given workshops and lectures for individuals within groups, schools, universities and businesses both across the UK and internationally. Grow Your Own Happiness the book came out in September 2019! www.growyourownhappiness.com

Maria, Yoga Teacher

Maria is trained in Hatha Yoga, she has explored various styles of yoga, her biggest influences being Vanda Scaravelli and Angela Farmer. Maria's particular interest is exploring movement from an internal perspective to discover freedom and spaciousness within the body through it's connection to the ground. Maria is also a qualified yoga therapist.

Emily, Yoga Teacher

Emily is trained in Hatha Yoga, yin yoga, pregnancy yoga and is a yoga therapist. Her teaching style is described as weaving softness and fluidity into form and psychosomatic movement meditation. She is interested in body, mind, heart and spirit connection and creates a safe, sacred space where all these parts can be felt, seen and welcomed.

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