

# Explore and Discover Wellbeing Experience

SAT SEP 7TH 8AM - 12.30PM

Join us in the beautiful setting of Burton Farm Fisheries and Cafe for a half day wellbeing experience to enhance your physical, mental, emotional and spiritual wellbeing.

Explore and discover healthy practices inspired by nature, science and ancient philosophies.

Through guided mind and body experiences you will learn how to reconnect with yourself, others and nature emerging with a renewed sense of wellbeing.

**Rise with the Sun** - set intentions and morning routines for physical and mental clarity

**Grounding and Breath-work** - reconnect with the earth and your breath for inner calm and focus

**Forest Bathing** - mindfully bathe in the sensory pleasures of the woodland to boost your immunity

**Flow with Water** - calm and cleanse the mind and body through water therapy and learn to let go and flow

**Harness Energy and Move Mindfully** - enjoy a gentle Tai Chi practice to energise your mind and body

**Eat a Rainbow** - focus on gut health, learn about your microbiome and nourish your whole self with a bowl of wholefood goodness to complete your experience

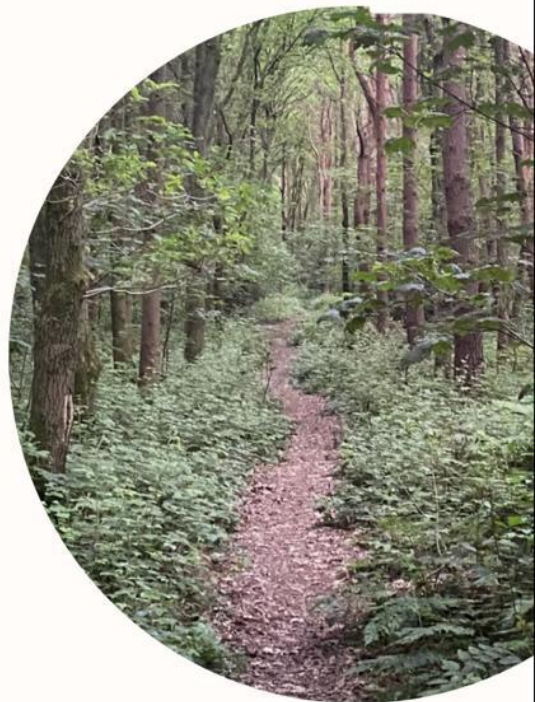
£80 per person (includes all guided experiences, tea ceremony with healthy snacks, a goodie bag packed with gifts to support your wellbeing and a wholefood rainbow lunch)

## BOOK NOW

✉ [purplepetrina@me.com](mailto:purplepetrina@me.com)

🌐 <http://www.burtonfarmcafe.co.uk>

Places limited to a small group



[Book now](#)