

GODMERSHAM RETREAT

MAY 2024





You're invited to Godmersham Park

YOGA WILD SWIMMING NUTRITIOUS FOOD & TALK GARDEN WALKS SOUND BATH

& MORE

SATURDAY 18TH MAY 2024 12 - 7:30 PM



WHAT TO EXPECT













GODMERSHAM RETREAT 18.05.2024

Godmersham Park's next retreat will take place on Saturday 18th May 2024.

Godmersham is situated in the heart of the Kent countryside, less than two hours drive from Central London.

Join us for a day of yoga, nutritious food and nature. The day will culminate in a woodland sound healing ceremony.

Tend Distanta March

Ser Art

Alt and a state



12:00PM	4:30
ARRIVAL AND WELCOME	\mathbb{W}
12.20 J.20 DM	E . 46
12:30-1:30 PM	5:45
YOGA WITH GIGI	SC
2:00 PM - 3:00 PM	7:00
GARDEN WALK	WA
3:00 PM - 4:00 PM	8:00
HERBAL TEAS, NUTRITION TALK WITH LARA &	DE
FRESHLY BAKED TREATS	

AGENDA

EPARTURE

O PM

ARMING SUPPER & CLOSING

0 - 8:00 PM

5 - 6:45 рм DUND HEALING WITH NINA

ILD SWIM

GODMERSHAM RETREAT 18.05.2024



GODMERSHAM RETREAT



SOUND HEALING WITH NINA THISTETHWAITE

Nina is a spiritual wellbeing mentor guiding those on the path of healing + self realisation.

Weaving in breath, movement, contemplation + sound steeped in both wild and ancient wisdom, Nina is devoted to expanding the possibility for love and evolution in this life.



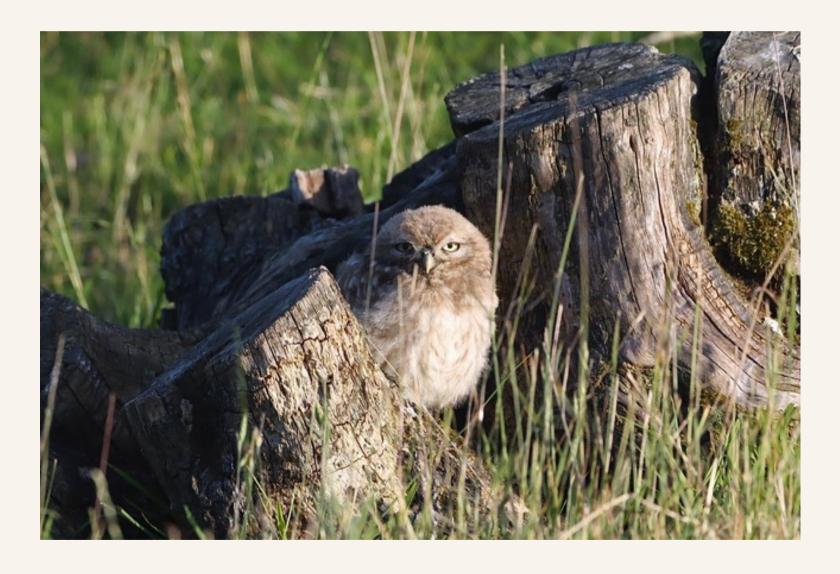
PRICING

EARLY BIRD

NORMAL TICKET

£125

£105



GODMERSHAM RETREAT



18.05.2024

CONTACT GIGISUNSHINEYOGA@GMAIL.COM



