



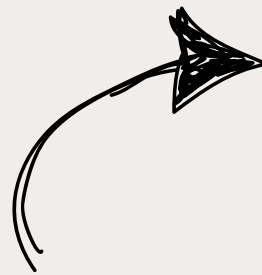
EVERYTHING YOU NEED TO  
KNOW ABOUT YOUR  
SPIRITUAL, HEALING BREAK



# Day Retreat

Taking place in the intimacy of my home, where all of my Readings, meditative and Healing work have built a safe and nurturing energy.

**Our day starts at 9.30AM** with a Tarot Reading and cup of something lovely.



Followed by a Healing session to balance your energy field.

**Finishing at around 12.30PM**

moving on to a relaxing Meditation and a chance to have a chat about where this mindset can fit into your life as well as the benefits.

*jo*  
SANDERS  
your intuitive healer \* tarot reading \* reiki \* EFT



# Day Retreat

*Hey, my lovely! I am honoured you are considering taking this day for yourself. Here are some important details you need to know in order to book your Day Retreat:*

**Dates available:** 14th, 18th, 25th and 28th of March

**Time:** 9:30-12:30

**Price & payment:** £120/one person or £200 for two people. A deposit of half the day's amount will be required to secure your spot.

Please mark your date in the calendar once you've made the payment. Make all arrangements necessary so you can attend. This is your non-negotiable!

***To confirm, please let me know your preferred date and the number of people.***