

The Detox & Transformation Wellness Retreat

**BUCKLAND HALL
BRECON BEACONS,
POWYS LD3 7JJ**

Fri 8th - Mon 11th Mar

Do you want more than just a holiday?
An adventure where you not only relax,
learn and have fun, but return
energised and empowered? Where you
free your mind from old habits and
clutter, to discover and unleash your
true inner power and potential?.

**A SUPERB BALANCE OF FREE
TIME & SCHEDULED OPTIONAL
ACTIVITIES INCLUDING :**

- Relaxation, Restoration, Rejuvenation
- Mantra Therapy - Live music jams
- Gourmet Vegetarian / Vegan Meals
- Hatha & Bhakti Yoga
- Hiking & Martial Arts fun
- Meditation & Wisdom
- Personal Transformation Workshops
- Explore the stunning Brecon Beacons

**INFO & BOOKINGS: 07769650056
MANTRATHERAPY@GMAIL.COM**

www.mantratherapy.co.uk



£425*

*Early Bird
(£499 Full)

