



# ZENERGY RETREAT DAY

*Retreat days allow us to pause, slow down and re-energise*

Join Sally and Tracey for an uplifting and restorative 'retreat in a day' women's workshop. The day will involve **movement, deep relaxation, visualisation, breathwork and sound healing** to boost your immunity, increase vitality and resource yourself for winter.

**We will be sharing with you simple and effective ways to manage physiological and psychological stress so that you can respond to life's challenges with a greater sense of joy, ease, fluidity, and ZEN 禅**

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**Date: Saturday 11<sup>th</sup> November 2023**

**Time: 9.45am to 4.15pm**

**Venue: Dojo Centre, 2a Doyle Gardens, NW10 3DA**

**Early Bird Fee: £75 per person\***

*\*(secure your spot before Friday 20<sup>th</sup> October 2023. Fee will increase to £85 per person thereafter)*

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## This workshop is for you if:

- ✚ You know you need a day for yourself.
- ✚ You often feel overwhelmed due to too many demands and not enough time.
  - ✚ You experience low mood and low energy levels on a regular basis.
  - ✚ You suffer from or regularly experience anxiety and or depression.
- ✚ You're looking for holistic mindful tools that help you handle stressful situations better.
  - ✚ You want more calmness and balance in your day-to-day interactions.

## What is included:

- ✚ Therapeutic insights and guidance to help you take charge of your emotional life.
    - ✚ How to cope with distressing situations and turn your stress into calmness.
  - ✚ Mindful practices that transform negative thoughts into constructive thoughts that serve you.
  - ✚ An array of holistic anxiety-management techniques that only take a few minutes to do each day.
    - ✚ Insights about mental health through mind-body connection and nutrition.
- ✚ We will also be providing **delicious healthy refreshments!**

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## About us:

**Sally Turberville Smith** is a UKCP accredited **Psychotherapist, Nutritionist and Yoga Nidra** teacher. **Tracey Adam** is a certified **Qigong Practitioner, Energy Healer and Retreat Facilitator**. We are combining our skills and knowledge from **Western Psychology and Eastern Medicine** to guide and inspire you to experience a greater sense of calm from within. By the end of the workshop, you'll gain a toolkit to handle stressful moments with grace and lead a more mindful, peaceful and positive life.

**For more information or to book your place** (maximum 16 people) please **contact Sally** at [sallytscounselling@gmail.com](mailto:sallytscounselling@gmail.com) or **Tracey** at [traceyadamenfrew@gmail.com](mailto:traceyadamenfrew@gmail.com)  
Or visit [sallytscounselling.co.uk](http://sallytscounselling.co.uk)