

HÆLU SAMPLE DAY

Morning Yoga - Awakening the body and spirit

Breakfast - Prepared by a Private Chef

Forest Bathing - A guided morning forest walk

Nutrition Workshop - Understanding the power of food and its impact on wellbeing

Midday - Break with option for Gym and Spa time

Lunch - Prepared by a Private Chef

Integrative Breath Workshop

Break - Option for Gym and Spa time or
One-to-one Nutrition Consultation (pre-booked slots)

'Medicine with Words' Workshop - Including tea & health shots

Break - Option for Gym and Spa time or
One-to-one Nutrition Consultation (pre-booked slots)

Dinner - Prepared by a Private Chef

Sound Healing - For restful relaxation

Social Time

For all enquiries please visit healu-retreats.co.uk or call our
Bainland team at 01526 352 903

