



NASH MANOR



## "The Year of Intention"

Thursday 25<sup>th</sup> February - Saturday 27<sup>th</sup> February 2010

Following on our Winter Programme, the teams at Rest of Your Life and Nash Manor invite you to join them on retreat in February

## "Restore and Reawaken Your Fabulous Self"

Dorothy Larios, certified Retreat Coach will provide you with the tools and time to reflect on the following

*How can I make time for myself in my life?*

*How can I heal my hurt?*

*How can I be comfortable alone?*

*How can I listen to and honor my own inner wisdom?*

Experience how quieting the mind on retreat opens up the possibility of finding answers to your questions.

Doing nothing, let your thoughts go, and create your metaphorical vacuum, by doing so this it will attract in clarity and answers.

Use mindfulness, walking meditation, and creative writing to clean out, let go of the past and invite in the answers for your future.

Offering very comfortable and well appointment, ensuite accommodation, Nash Manor is nestled close to the beautiful South Downs in eight acres of land overlooking Chanctonbury Ring and provides the most wonderful location to relax.

**\*\*PRICES: £280 sole occupancy or £265 for shared room. Bed and Breakfast, Light Lunches and Group Coaching \*\***  
Arrival: 4pm Thursday 25<sup>th</sup> February – departure 2pm Saturday 27<sup>th</sup> February



Contact Rest of Your Life Retreats by email at [info@restofyourlifeuk.com](mailto:info@restofyourlifeuk.com)

Or call us on 01293 550 835

Book early as places are filling already!