



Elan Spa

At MALLORY COURT

Retreats at Elan Spa

Elan Spa at Mallory Court is the ultimate spa experience. Tucked amongst the trees in Mallory's glorious grounds, the spa is a peaceful retreat where you can de-stress in sublime, state of the art facilities whilst gazing over quintessential English gardens.

Mindfulness and Wellness Day Retreat

£185.00 Per Person

Mindfulness • Wellness



This wellbeing retreat brings you back into the 'now', a space to reflect, refresh, relax and re-connect with the 'real' you in this beautiful setting.

Learn how to engage in the present moment, nurturing awareness of your body, mind and emotions through the practice of mindfulness. Experience mindful eating, guided breathing, seated meditation and mindful walks.

This day retreat will encourage you to engage in present moment-to-moment awareness of your body, mind and emotions in a relaxed manner through the practice of mindfulness. Mindfulness processes will help you 'settle' the busy chitter chatter of the mind, returning you to yourself and that sense of inner stillness and peace we all crave for. Relax whilst an expert therapist takes you on a sensorial spa experience that will leave you in harmony with mind, body and soul alleviating all of your stresses and strains.

Day itinerary:

09:30	Arrival welcome drinks meet and greet - smoothies / fruit juice / herbal tea / coffee	13:00	Free spa time, contemplation & 55 minute treatment
10:00	Spa orientation	16:00	Departure from spa
10:30	Mindfulness introduction and discussion what is mindfulness?	16:30	Group discussion What happened when you applied mindfulness techniques? tea / coffee
11:15	Mindful walk guided by Life Coach	17:00	Concluding thoughts, support pack distribution and departure
12:00	Lunch - 2 courses (Mindful eating)		

Book your place on our Mindfulness and Wellness Day Retreat taking place on the following dates:
18th April and 7th November. More dates to follow!