

# We're so pleased to share that our next Retreat Days will take place in January 2026



Following the beautiful success of our first retreat, I'm delighted to invite you to another deeply nourishing day — a chance to unwind, recharge, and gently reconnect with yourself and with others.

To reserve your place, we're currently welcoming deposits of £60, with the balance being paid by 7th January 2026. Here's a little glimpse of the nurturing experiences we have planned so far:

**Willow Weaving** - Connect with nature, and enjoy the simple pleasure of mindful crafting

**Sound Bath** – Immerse yourself in soothing tones to relax body and mind

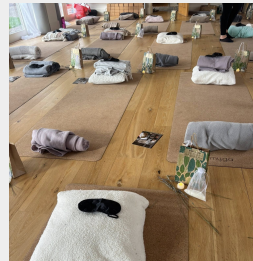
**Yoga Class** – Gentle movement to awaken and restore

**Art Therapy** - Discover new ways to nurture your well-being through gentle, expressive art

**Mental Massage** – My signature guided hypnotherapy experience for calm and clarity

**Lunch Provided** – Fresh, seasonal food shared in good company

**Time to Connect** – Meet like-minded people, make friends, and simply be



## The Details:

**Dates:** Saturday 10th January 2026

Saturday 31st January 2026

**Time:** 10.00am - 4.00pm

**Cost:** £100 per person

**Location:** The Barn, Springfield Farm,  
Brailes, Oxfordshire

ANGELA CAIN  
CLINICAL HYPNOTHERAPIST