

We're so pleased to share that our next Retreat Day 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.

As our full programme continues to unfold, the final cost is yet to be confirmed, though it will be between £100 and £120. To reserve your place, we're currently welcoming deposits of £60. 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

Location: The Barn, Springfield Farm,
Brailes, Oxfordshire

ANGELA CAIN
CLINICAL HYPNOTHERAPIST