

BODY-MIND-BLISS GET-AWAY IN THE UK

The time is now... Make Tomorrow, Today, NOW!



With the pace of life moving ever faster and feeling 'full on, flat out in the fast lane', indeed life is busier, with family commitments being crammed in-between everything else. Consequently, many women receive less and less time for dedicated "me time" and of course it is so important to pause, breath and smile in order to evaluate, to make time for you.

As a professional woman, undoubtedly you can relate to this way of living in today's world. To remain at the "top of your game", there comes a time where the other "things" in life must take second place to "your needs".

Failing to realise that you are the pivot, the lynchpin that all important matters in your life hinge upon, can only lead to life creaking and ceasing up; thus taking more and more effort to achieve your life ambitions which is exhausting instead of being in the natural flow!

In engineering terms, we must lubricate all the moving parts to ensure the engine runs at optimum efficiency. Yet in life, we forget that we are an organic engine and therefore, we must nurture and nourish ourselves in the same way an engine needs "tuning and tending".

When we run at optimum efficiency, it is more easy to cope with today's modern life-style, meet the needs of the family and enjoy the harmony. When we are out of balance and not "optimally efficient", life can be tiring, hard work and in the extreme, unbearable!

So... Make Tomorrow, Today, NOW... Give yourself and your body/mind the fine tuning it deserves! There is nothing worse than a disgruntled mechanic seeing the driver thrash the engine beyond repair. Driver and Mechanic need to work as one; achieve the winning results with a winning combination and choose to service your body and mind's needs regularly.

Body-Mind-Bliss Space

Double bedroom
Twin Bedroom
Large family bathroom

Breakfast – Lunch – Dinner – Refreshments

MetaWellBeing Programme

1 : 1 Coaching Consultation
Choice of Holistic Therapies: Emotional Freedom Technique, Intuitive Massage (integrating Acupressure, Hopi Ear Candles, Indian Head Massage, Reflexology)
Detox Body Wraps | Flower Remedies | Hot Tub | Intuitive Card Readings | Juices n Smoothies | Nutritional Advice | Walks | Yoga by special arrangement.



You will be my guest within my home in the beautiful Derbyshire countryside where the River Dove meanders close by and walking in this glorious setting is completely enchanting and exquisite. Please note there is a friendly dog in residence.

RELAX – RECHARGE - REVITALISE