



The Art of Wellness Day Retreat

**Pilates with Paige
Breathing Techniques with Portia
Guided Mark-Making with Martin**

Join us to unwind, stretch and recharge in a beautiful setting, surrounded by nature.

No experience required.

Sun 30th June, 10:00 - 16:00

The day includes:

- Gentle, mindful Pilates moves, to help release stored stress and tension.
- How to use your breath as a powerful tool for relaxation and connection.
- Tour of 1-acre Food Forest, planted with 150 species and surrounded by 500 trees.
- Guided mark-making, sketching and painting, inspired by the Food Forest, to help reconnect to your creative side.
- Lunch and refreshments.

Where? Creative Beings CIC, The Old Rectory Studio, Awliscombe, EX14 3PJ

£79 INCLUDES MATS, materials and gorgeous views of nature.

Just bring a blanket.

**To book, [login to teamup](#)
or email paige@ppaigespilates.co.uk**



CREATIVE BEINGS
Cultivating creative practices for wellbeing