

Yoga & Pilates Retreat

for Women's Health

with **Helen Pybus & Sue Woodd**

Saturday 2 September 2023

9.30 am – 4 pm

High Lodge, Suffolk IP17 3QT

- PELVIC FLOOR FLAW • FOOD & MOOD
- BUFF BONES • IMPROVE YOUR SLEEP
- DEALING WITH STRESS & ANXIETY
- PRACTICAL SESSIONS & TALKS

Cost per day including lunch • **£97**

Payment plan available

To reserve your space please email...
info@helenpybus.com • www.helenpybus.com

