

# Revitalise Your Well Being

1 DAY PILATES & YOGA RETREAT

presented by **Helen Pybus & Sue Woodd**

**Saturday 14th September 2024**

**9.30 am – 5 pm**

**Ivy House Country Hotel**

**Oulton Broad. Lowestoft, Suffolk NR33 8HY**

- **Dynamic Fasia Release**
- **Seasonal Yoga**
- **Mindful Pilates**
- **Introduction to Breath Work**
- **Seasons of Life**
- **A mix of Talks and Practical**

**Cost £97**  
*includes Lunch*  
Deposit £47  
(non-refundable)  
£50 balance

To register please email: [info@helenpybus.com](mailto:info@helenpybus.com)

[www.helenpybus.com](http://www.helenpybus.com) for all retreats