

# Sunday SOUL Spa

BROUGHT TO YOU BY CALM WITH KERRY

10:30 ● WELCOME

A selection of herbal teas, coffee and fresh fruit served on arrival

10:45-11:15 ● BREATHING WORKSHOP

Learn breathing techniques that can be easily adopted into your daily routine to stimulate, balance and soothe your nervous system; providing stress relief, a reduction in anxiety, better sleep and an overall improvement in physical and mental wellbeing

11:15 ● BREAK

11:30-13:00 ● YIN YOGA & SOUND BATH

A deeply relaxing, slow-paced yoga session, suitable for all levels of experience - an opportunity to really connect with yourself, harmonising body, mind and spirit; releasing any tension as you soften, stretch and unwind. Followed by a beautiful sonic experience - allow the sound to wash over you as you lie back and let go, in a dream-like state, synchronising with the soothing frequencies of the crystal singing bowls

13:00-14:00 ● LUNCH

14:00-14:30 ● VOICE THERAPY

Our voice is one of the most powerful instruments we have, here you'll learn how to use your own voice to release held or stuck emotions; invigorating and refreshing your body and reigniting an ease of flow within

14:30 ● BREAK

14:45-15:15 ● NEW MOON JOURNALLING EXERCISE

The new moon is a time to set new intentions, having let go of anything that may have been holding you back - look forward to the next lunar cycle with a clear mind and renewed purpose; relaxed, restored and ready to go

15:15-15:30 ● REFRESHMENTS + Q&A