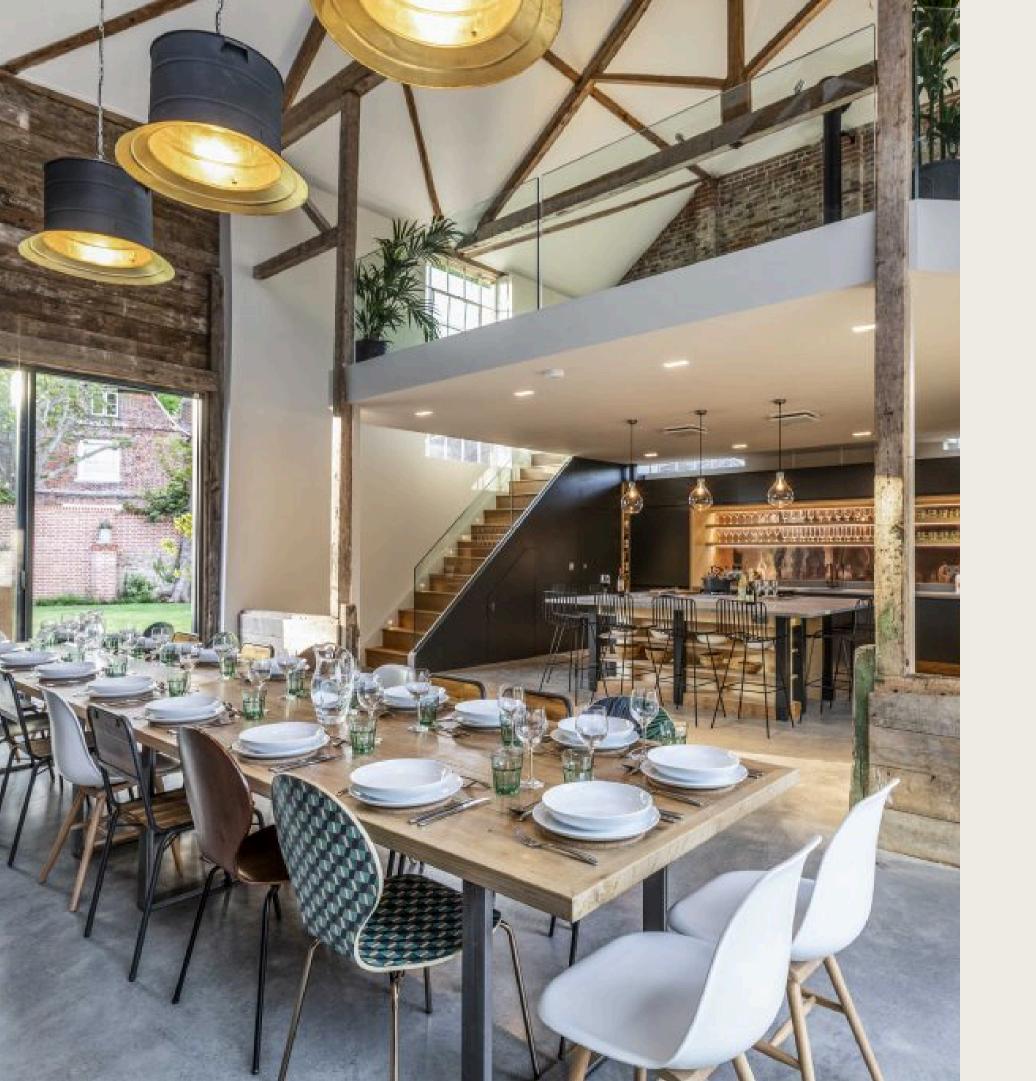


A Holistic Wellness Escape 9th - 12th May 2025 Rose Yard, Kent





Ladies, this is your sign to put yourself first

If you've been feeling out of balance, low on energy, or just not quite yourself - or you simply need some YOU time this is the weekend for

The 3 key pillars of the Happy Hormone Retreat





(Fun & Connection)

Why is hormone balance important?

When hormones are out of sync, you may feel:

Tired & sluggish

Stressed or moody

↑ Struggling with weight

✓ Hormone testing reveals what's really happening in your body - so you can fix it!

Nutrition

- Enjoy chef-prepared, hormone-balancing meals
- Learn how to fuel your body for energy & vitality
 - Discover nutrition tips for better digestion, balanced hormones & glowing skin
 - Food is medicine—let's make it work for you!

Fun & Connection

This isn't just a retreat - it's a vibe! 🎉

- Dance the night away at our Saturday party
- Recharge with scenic walks, pamper nights & relaxation

Move your body with Pilates, strength & mobility workouts

What's Included?

- 1 3 nights in a beautiful countryside retreat
- Registration Health Hea
- All meals & snacks (hormone-friendly & delicious!)
- To Daily movement classes (Pilates, mobility, strength)
- Connect with like-minded women and have FUN!

Single occupancy: £1750 per person

Double occupancy: £2500 per person

Sarah & I would love to see you there! Get in touch to book your spot.

hello@ronniekublova.com

