

A large, two-story building with a mix of brick and light-colored wood siding. The building has a dark grey slate roof with several skylights. Large green barn-style doors are partially open, revealing a brightly lit interior with tables and chairs. A covered outdoor patio area with wooden benches and tables is visible in front of the building. The foreground is a well-maintained green lawn. The sky is a soft blue with some light clouds, and the overall lighting suggests dusk or dawn.

# HAPPY HORMONE RETREAT



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  
you.

# The 3 key pillars of the Happy Hormone Retreat



Hormone Balance



Nutrition



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?

📍 3 nights in a beautiful countryside retreat

👩 Hormone workshop + personalised health insights

🥗 All meals & snacks (hormone-friendly & delicious!)

🏋️ 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](mailto:hello@ronniekublova.com)

