



HAPPY HORMONE RETREAT

A Holistic Wellness Escape
15th - 18th May 2026
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

