

Join for our Wellness Retreat

Saturday 12th July 2025 10am - 2pm

at PSL offices, 48-50 Vespasian Road, Bitterne Manor, Southampton, SO18 1AX



Sound Bath

- The powerful process of Integral Sound Healing, which balances the body, mind and spirit. It strengthens the vagus nerve, helping you find more balance and calm.



Pamper

- Give yourself a treat and let us pamper you for a while!



Eat well

- Join us for a well balanced, healthy lunch.



Tai Chi

- An ancient Chinese martial art. Calming, gentle and low impact, focusing on slow breaths and has many health benefits.



Yoga

- Give a sense of calm, peace & balance that also benefits your overall health



Connect Socially

- Good relationships are important for your mental wellbeing.

Build your own day!*
(provisional itinerary)

10am Welcome & Refreshments
10.20am Session 1
11am Session 2
11.45am Lunch
12:30pm Session 3
1:20pm Session 4
2pm Close

*subject to change depending on attendees

Select your 4 sessions from
the following:

- Sound Bath
- Nails
- Face mask pamper
- Meditation
- Tai Chi
- Yoga

Numbers for each session may limited, so book soon!

Please buy your tickets via the QR code and also email michelle.rogers@pslcharity.org.uk to request your sessions you'd like to attend.

Only **£25** per
person for
the day with
lunch
included!