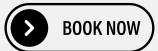


### FULL DAY WELLNESS RETREAT

Restorative Yoga
Sound Healing
Breathwork
NLP Workshop
Journaling
Reiki
Lunch

- Sunday 23rd March
- (\) 10am-4pm
- Raw Space Swan Valley



moorhousewellness@gmail.com



### THE VENUE

The Raw Space

Nestled in the heart of Perth's picturesque Swan Valley, Raw Space offers a tranquil retreat space surrounded by natural beauty.

This serene venue is the perfect sanctuary for relaxation, reflection, and connection. With its harmonious blend of open spaces and peaceful surroundings, Raw Space invites you to embrace the restorative power of nature.

Discover the calm, nurture your spirit, and immerse yourself in the untouched charm of the Swan Valley at Raw Space.



This retreat is your chance to hit pause, reset, and reconnect. Whether it's finding balance, breaking unhelpful habits or reigniting your passion for life, we're here to help you take control and create real change.

Priorities youbecause you deserve it.



# Bloom Within WHAT'S INCLUDED?

#### **Restorative Yoga**

to release tension & restore harmony in the body.

#### **Sound Healing**

to reconnect and soothe your soul

#### **Breathwork**

to reset and calm your nervous system

#### **NLP Workshop**

Visulisation & Goal Setting to align with your purpose and reprogram your subconscious mind.

#### Reiki

To support deep healing and relaxation.

#### Yummy Lunch

to nourish your body and soul



### NLP WORKSHOP

Transforming Blocks into Breakthroughs:
A Timeline Journey

To help identify and release one key block, align with your heart desires, and create actionable steps toward transformation.

Step into a space of growth, healing and transformation, leave feeling empowered.



### MEET JO

From Moorhouse Wellness. Mindset Coach, Reiki & NLP Master Practitioner.

With over 20 years in nursing, including specialisations in Alcohol and Drug Services, Mental Health and Heath Leadership, Jo has seen firsthand the toll of stress and unhelpful habits can take.

Inspired by personal loss and her own growth, Jo created Moorhouse Wellness to break the stigma and empower others to thrive.



### MEET CONNIE

#### From Prema Yoga

Connie is a certified 200hr Yoga Instructor, specialising in Meditation, Pranayama, Vinyasa and Yin style yoga.

Having led numerous day and weekend retreats in Perth and Spain Connie has especially loved co-facilitating Monthly Women's Circles that focused on connection, love and inner self wellbeing.

When Connie is not on her yoga mat, she is teaching young children as a Full Time Primary School teacher or she is spending time outdoors with her husband and 3 beautiful teenagers.