

Bloom Within

FULL DAY WELLNESS RETREAT

Restorative Yoga
Sound Healing
Breathwork
NLP Workshop
Journaling
Reiki
Lunch



Sunday 23rd March



10am-4pm



Raw Space Swan Valley



BOOK NOW

moorhousewellness@gmail.com



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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.



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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 you-
because you deserve it.**

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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

Visualisation & 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



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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.**



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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 Health
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.**



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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.

