



Red Tent Woodland Eco Retreat

Autumn Equinox Friday 15th - Sunday 17th Sept 2017

Cherry Wood, Nr Bath
www.cherrywoodproject.co.uk

For enquiries & booking:
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Debs Stanley is a 'Womb Shaman', yoga teacher, intuitive healer and bodywork therapist. She has trained with Fountain of Life & Sivananda and offers treatments, yoga classes, Red Tent circles & retreats at her home in Cherry Wood, near Bath. Her passion is to work with the land and reconnect people to nature and the Wild Feminine within.
www.wombofthewoods.co.uk

Louise Press is trained in Menstrual Cycle Awareness and with the Journey of Young Women Mentoring Programme. She is a Celebration Day for Girls Facilitator and runs 'Sisterhood under the Westwood', based in Bath which holds monthly Moon Circles and a growing number of celebrations for women & girls.



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15-17 September 2017

With Debs Stanley & Louise Press

Immerse yourself in nature & weave some magic into your life. Let Mother Earth envelop you in a sumptuous weekend of Red Tent delights!

Nourish your soul with gentle yoga, woodland walks, rest, sacred crafting, a gong sound bath, belly dancing, massage*, sauna, camp fires, wild water swimming and delicious organic vegetarian food.

Come and relax, unplug, give yourself time out and align yourself with your deep feminine wisdom and Shakti energy.

Cherry Wood is a 40 acre sustainable woodland and eco site, 6 miles outside Bath. Our Red Tent space will be held in a large straw-bale roundhouse, and we will have the woods to ourselves all weekend! There are flat spaces for camping, or cosy up in a wood-fired cabin or yurt.

Retreat starts Friday 3pm, closing Sunday at 4pm

£220 plus camping/cabin fees (£7 tent, £20 cabin/yurt per night)

*Massage is extra

