

Wholebeing

Join Us For A Wholebeing Workshop – Coaching, Yoga & Nutrition



Reconnect, Review & Renew

Do you feel that you are constantly striving for increased energy and balance in your life? Perhaps you feel you have lost focus and would love a renewed sense of purpose and direction. The concept of **Wholebeing** is to cultivate both the mind and the body to take advantage of the positive impact one has on the other.

Join us on Saturday March 11th from 9am – 7pm
for an inspiring day of renewal

This relaxed yet invigorating day will take place in the beautiful surroundings of the [Acorn Wellness Retreat](#) in the Yorkshire Dales. Take time out to reconnect with yourself through:

- an uplifting yoga session, awakening the connection between the physiological and psychological; acknowledge and celebrate all that you are now and all that you strive to be!
- one-to-one and group coaching using solution focused techniques to set the wheels in motion for insightful personal discovery; identify your strengths, desires and goals for the future
- a one-to-one dietary analysis and review with Clinical Nutritionist Roz Witney; insightful advice to boost your energy and enhance your health
- a relaxing Nidra yoga session
- use of the Acorn Wellness Retreat facilities, including sauna and steam room; treatments may be booked in advance with Acorn at an additional cost.

A healthy lunch and snacks are included throughout the day.



Start spring with a clear vision, a prepared roadmap and a commitment to yourself to achieve all that you desire!

Book now and get the Early Bird discounted
all-inclusive price of only £150
Places are limited to only 12 guests for this workshop



Jo MacArthur

Jo has a BA (hons) degree in Counselling and Coaching and is a yoga teacher at [Go Yoga](#) in Harrogate. Prior to having a family, Jo was in club management within the private



Roz Witney

Roz has a Bachelor of Science Degree in Clinical Nutrition and has worked in the field of nutrition both commercially and privately for over 10 years. Roz's love of food and

health and fitness industry. As a coach, she creates the right conditions to empower individuals to create their best selves and identify their highest level of motivation and personal drive to achieve their goals. The fundamental premise of Wholebeing Coaching is that we have all the answers within us, we just need to ask the right questions to enable us to unlock our full individual potential.

"I didn't think Yoga was really for me as I am very inflexible and competitive in nature but Jo's teaching style is very inclusive and warm. I know yoga has played a big part in Jo's life and now it does in mine. I am excited Jo is leading this workshop and I'm looking forward to the opportunity to reboot and energise." Jane

growing interest in the impact of dietary choices on health prompted her to move from a successful media career into the field of nutrition. Latest research supports the strong link between diet and a wide range of chronic health issues and Roz has helped countless people to achieve their health goals.

"Roz listens and advises in a completely non-judgemental way. Her nutritional advice is easy to follow, backed up by real science and totally achievable." Helen

[Book your place today](#) or for more information please contact Jo MacArthur on mcrthjoan@aol.com or 07740 179499

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