

Seren Retreat
A CENTRE FOR HEALING AND WELLBEING



FOREST BATHING SUNDAYS AT SEREN

HEALING FOREST MEDITATIONS

TRANSFORM STRESS INTO VITALITY



**FIRST SUNDAYS
BEGINNING APRIL 2025
11:00 AM - 2:00 PM**

Join Us!

Open to all! Let our ancient oak forest soothe your stress and restore balance and vitality. The art of 'forest bathing' is the art of connecting. Experience forest bathing while exploring various meditative practices and guided mindfulness activities. Led by experienced practitioners, this is a perfect opportunity to just BE.

We will also enjoy tea and healthy snacks. Please CALL US to reserve your spot.

Details

April 6: Chi Kung ◀

May 4: Kundalini Yoga ◀
(Bank Holiday)

June 1: Touch for Health ◀
Kinesiology

Suggested Donation £25 ◀

Tea & Healthy Snacks ◀

Stay the Weekend! ◀

B&B and camping accommodations are available. Please call to enquire.

More at Seren Retreat ◀

Upcoming! Intro to Polarity Therapy
Workshop: June 27-29, 2025
Ayurvedic Retreats. See our website.



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CONNECT
WITH US!

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