

Seren Retreat

A CENTRE FOR HEALING AND WELLBEING



INTRODUCTION TO **POLARITY THERAPY**

AND THE FIVE ELEMENTS

FINDING BALANCE & VITALITY: WEEKEND WORKSHOP



**JUNE 27-29, 2025
10:00 AM - 5:00 PM**

Join Us!

The essence of Polarity Therapy is in the relationship between the 5 elements of nature and the energy flow in our body, mind, emotions and spirit.

We will spend time in our ancient forest meditating on the elements, and through hands-on sessions, learn simple and effective bodywork techniques to encourage balance, relaxation and vitality on all levels.

This workshop is open to all from beginners to health therapists.

Details

Intro Price £275 ◀

Three full days learning from master teachers Rex and Alaea Beynon.

Healthy Lunch Included ◀

A healthy and delicious vegan and vegetarian lunch provided daily.

Accommodations ◀

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

Also at Seren Retreat ◀

Contact us or see our website for information about our Ayurveda Retreats, Polarity Therapy, and more.

We offer full professional accreditation. See www.polaritywellness.co.uk for info.



+44(0) 1792-371421



info@serenretreat.com

CONNECT
WITH US!

www.serenretreat.com



Gower, Wales SA2 7LB

