



Holistic Retreat - Corporate Package



Whether it's a meeting, team building workshop or some TLC for stressed employees, we can provide you with the right package for your business.

Price per day package: 8 x delegates £85 each; 6 x delegates £95 each; 4 x delegates £125 each. (4 to 8 delegates only)

What's included in the package?

> Complementary Therapies

A dedicated team of highly qualified therapists are available throughout the day for a range of Complementary Therapies including Indian Head Massage, Reiki, Reflexology, Body Massage, Aromatherapy & Tuina massage.

> Stress Management Workshops

We can put together a workshop to help you deal with stress in the work place. This session will be designed around your own needs and take in to account the type of business you engage in.

> Meditation & Relaxation Lesson

Take some time to chill out and relax with one of our relaxation and meditation classes. You will learn some basic skills to take away and use at home and at work to help combat stress.

> Relaxed Meeting Space

If you need to schedule some time for a meeting while you are with us then you can use our training room which will be your base throughout the day. (Wireless internet access included).

> Lunch

A full vegetarian and vegan buffet is included. We can also cater for allergies.

> Garden of Peace and Reflection

Let Mother Nature inspire you as you enjoy exclusive access to our peaceful, south-facing garden.

> Individual Attention

Enjoy exclusive access to the whole building for the length of your stay! Add to this our complete dedication to your wellbeing and we're sure you'll have an experience that you'll deeply value. Even after your visit we will support your wellbeing by offering you discounts off future treatments with us.

(Alternative treatments, workshops or arrangements can be made. We will do our best to meet your requirements).

Please get in touch to check availability and discuss your requirements.

Terms & Conditions:

We ask for a 50% deposit at the time of booking. Cheques should be made payable to Amitayus Wellbeing. Credit Card payments can also be made via Paypal or over the phone. Unfortunately if you wish to cancel your booking within 7 days prior to your Retreat we will retain the full deposit. Full payment should be made on arrival. Your Retreat will commence at 9.30am and finish at 4.30pm. We respectfully ask that you arrive promptly and vacate the premises by 5.00pm. Late arrivals may reduce the length or number of treatments or workshops given without compensation.



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