Stress, Sleep & Stillness

WORKSHOP

A three-hour workshop designed to help you feel calmer, sleep better, and switch off from the stresses of everyday life.

Learn practical techniques for managing stress, discover simple strategies for more restful sleep, and finish with a calming guided meditation session.

SATURDAY
17TH OCTOBER 2026
1.30PM-5.00PM

£25.00
FREE TEA/COFFEE
FREE PARKING



THE SMUGGLERS RETREAT

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