

Rebalance Retreat —Wales

Friday 3rd Sept - Monday 6th Sept 2027



Trigonos in the beautiful valley of Nantlle, North East Wales

Comments from last years retreat

"I didn't have acid reflux", after 15 years of having it daily

"I've got so many good memories of the peace, beauty and fun of the weekend".

Purpose built retreat centre, biodynamic organic farm, delicious food, reset your digestion. Option of wild swimming, sauna, reflexology, walking.



Alison Marsden, teaching since 2001

**Explore booking at
www.trigonos.org**

Telephone: 01286 882388

Email: info@trigonos.org

