

360 HEALTH & WELLBEING

WITH NEIL PILL & ULA COLLINS

2ND – 12TH AUGUST 2019

Come and join us and experience the health and wellbeing benefits with the magical Ula Collins. She's dedicated herself to helping others with their total wellbeing. Her massages are amazing, healing and will leave you relaxed, balanced and feeling great. You'll know immediately she cares so much and it's all about helping your mind, the body and spirit. Recharge. Take time out and join like-minded people experience a home from home retreat with massage, movement and a chance to unwind and relax. Learn about yourself in a beautiful environment were life's about living well and recharging your inner glow.

If you are overworked and overwhelmed, looking to find balance in your personal and professional life, or just simply need to enjoy time and space to just stop and appreciate yourself? [Allow yourself to just be! and find your natural rhythm ...](#)

Allow yourself time to relax, unwind and invest in your own wellbeing. Join us for a beautiful retreat of

Pilates, mindfulness, lovely food, walks and many smiles. Help to improve your energy,

boost your glow and allow time for a wellbeing escape dedicated to your health.

A fantastic mind, body and spirit experience.

IT'S ALL ABOUT YOUR HEALTH & WELLBEING

Unwind Relax Enjoy

Set your wellbeing intentions and find your focus and meaning.
Improve your physical health and mental wellbeing.
Take time to connect with yourself.
De-stress and learn mindfulness techniques.
Practice daily morning meditation and energy routines.
Enjoy mindful Pilates with relaxation.
Learn the power of diet and nutrition on your health.
Experience the power of healthy nutrition on our wellbeing with our nourishing homemade healthy meals
Reinvigorate the body's immune systems.
Understand habits and addictions.
Share your motivations and wellbeing practices with likeminded people.
Join engaging dinner table conversations on self-development, communication and motivations
(Understand the mechanics of anxiety and depression?)
relaxing, uplifting and rejuvenating massages and energy healing treatments
Enjoy relaxing nature walks in the beautiful French countryside.

Have fun, laugh and smile lots!

THE PACKAGE INCLUDES

Accommodation

5 days (6 nights?) Retreats £695pp – shared deluxe sized rooms for 2

Full board

Daily meditation, energy boost routines & Pilates

1-2-1 life coaching session walking in nature

2 massage & energy healing sessions per person

£795pp – private deluxe room

Places limited to 8

2 private deluxe gites

2 shared double gites

2 en suite double bedrooms

in a main farm house

ABOUT



Ula Collins | Founder Avanti-Pilates

Ula has been teaching Pilates, dance, meditation and offering massage for nearly two decades. She is dedicated to the craft which benefits the mind, body and spirit. Her energy, wisdom and knowledge are matched with a huge heart and love in abundance. She's an advocate for personal development in all areas of health and wellbeing. Meditation, body movement, being love, dance and living happy helps Ula teach and share her passion for complete wellbeing in a fun way. Her wellbeing philosophy continues with the healing aspect of massage. She offers a variety of treatments helping the body for energy flow, to reconnect and to feel at one. A gifted and compassionate practitioner you'll immediately connect and smile with.



Neil Pill | Founder of ManKind360

– specialising in coaching for complete physical & mental health wellbeing

His background is 25 years working with people, business and change management areas of a national plc. Working from the grass roots of business and across all levels has enabled him to specialise in the health of businesses. A significant change event lead Neil on the journey to reboot his personal health and wellbeing, study yoga, nutrition and mindfulness. He now works with business owners, entrepreneurs and proactive people wanting to reboot and introduce positive change within their business and personal wellbeing. Neil is dedicated to supporting those with burnout, mental and physical health changes, addictions and those looking to change their mindset. He has a passion to live well and helping others through change when they need it most.

Neil – hello@mankind360.com

Contact us to book, chat or to help co-ordinate any travel plans.

Accommodation details at Mankind360.com