

Join us for a

# Spring Celebration

With  
Jackie Jones,  
Roxane Smith  
&  
Anna Martin

A chance to unwind and  
rejuvenate through  
**MOVEMENT, SONG  
AND CREATIVITY**

**Do what you love - try  
something new!**

No previous skills or experience  
required.

11th-13th May 2018

Workshops

Guided relaxation

Art

Yoga

Singing

Walks

Chill out time

Campfire

Cost : £215

Book before Feb 28th 2018 for our early bird  
discount.

Early bird: £195

Set at the beautiful Wilderhope Manor.

Price includes all accommodation, food & workshops.

unwind and rejuvenate through  
movement, song and creativity at our  
**Spring Celebration**

book now  
to secure  
your space  
£50 deposit

Over the weekend you can select from a range of workshops led by:



### Jackie Jones - yoga & meditation

has led workshops and retreats in mindful movement and meditation for 25 years. Her mission this weekend is to help you let go of stress and find your calm, joyful centre.



### Roxane Smith - singing & harmony

runs 9 choirs across Shropshire & Wales, and loves getting people together for laughter and singing. We will enjoy learning some songs together, and then have fun singing them around the beautiful site.



### Anna Martin - creativity & art

has been working with people to bring out their inner creativity for 20 years. She is passionate about the ways the arts can support well being, and over the weekend you will have a chance to experience the uplifting power of art.

**For bookings and information**

email: [moue.sing.create@gmail.com](mailto:moue.sing.create@gmail.com) / website:

[http://www.harmonyjunkie.co.uk/index.php/event\\_details3](http://www.harmonyjunkie.co.uk/index.php/event_details3)



**Where: Wilderhope Manor**

**When: 11th-13th May**

**Cost: £215 Early bird £195.00**

(Book by Feb 28th for early bird.)

Includes all food, workshops and dorm  
accommodation or camping (limited).