



SERENDIA



RETURN TO SELF RETREAT DAY

*The Five Foundations
of Regulation*



SUNDAY 20TH
SEPTEMBER 2026



ODIHAM
HAMPSHIRE,
CROSSBARN



www.serendiawellness.com/retreats

CELEBRATING 5 YEARS OF SERENDIA WELLNESS

Celebrate 5 years of Serendia Wellness with our special 'Return to Self' Retreat, co-hosted by Jessica Barker and Joo Westwood. Discover the Five Foundations of Nervous System Regulation through presence, movement, breath, empowerment & rest. Enjoy an on the body Peter Hess® Singing Bowl experience and extended immersive sound bath. This retreat is perfectly timed to give back to yourself after a busy Summer period and gain a little reset before we move into Autumn a few days later. Leave feeling calmer, grounded & equipped with practical tools for everyday wellbeing. Our event is suitable for all experience levels.

10AM - 3PM | £95 PP

