



The Spa Break for the mind

We are excited to announce our first InShineOut workshop for 2018 taking place at Galgorm Resort and Spa, Northern Ireland's premier luxury hotel and Spa on

Saturday 13th January 2018

A 1-day workshop offering space and time to reflect away from the "busyness" of life so that you can find your internal motivators and drivers to help you get to your best self. If you suffer from that great Western disease "whenitis" - "I'll be the best me when I'm slimmer, when I have more time, when the children grow up...", the list goes on, then this energising, inspiring day is for you. In a nourishing, relaxing environment we offer space and time to think. We help increase awareness of the conscious and unconscious choices that impact how you're living currently. We give you tools and techniques to make better choices. You leave the day with new perspective, a plan of action and the confidence, energy and inspiration to move forward and let your best life shine through.

The day includes

- All Workshop materials
- Arrival Tea, Coffee & Healthy Snacks
- 2 Course Lunch served in the Four Seasons Bar/Lounge
- Afternoon Tea, Coffee & Healthy Snacks

Also, if you should you decide to pamper yourself physically as well as mentally there is a special rate available for overnight accommodation including a full Irish breakfast and access to the thermal spa facilities. Just quote InShineOut at the time of booking to receive the reduced rate

The full day workshop is £375 and we are offering an early bird deal of £ 325, if booked and paid in full by 3rd December. (excluding Accommodation)

This workshop would make a great Christmas present for someone who would value time out to make some adjustments to life. We offer gift vouchers of £25, £50 and £100 (T & C's apply booked and paid for by certain date, cancellation policy)

Places are limited so to secure a place or register your interest please contact Sharon James

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