

Time out and Wellbeing Experiences

Time and space to rejuvenate yourself

Step out of your everyday environment and reconnect with yourself.

- Chaotic lifestyle?
- Rushing around?
- Stressed at work?
- Looking after everyone else's needs but forgotten about your own?
- Can't remember the last time you had time to yourself?
- Don't laugh as much as you used to?
- Got a niggling feeling there is more to life?

With P3 time out and wellbeing experiences you can find a sense of purpose and inner calm.

A fun and relaxing experience including wellbeing workshops, spa treatments, over night accommodation and meals with nothing expected of you.

Prices start at £245 per person (single supplement applies/+VAT)

Next event 13th - 14th September 2009



Set in the beautiful 4* surroundings of Crewe Hall, Cheshire.



For further information contact...

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