

WINTER WELLBEING
SERIES

Reset & Restore

AT HARDWICK
HOUSE



YOGA ASANA
SIBERIAN SAUNA
CANDLELIT DINNER

OCT 26



SOUND HEALING
SIBERIAN SAUNA
CANDLELIT DINNER

NOV 9



MEDITATION
SIBERIAN SAUNA
CANDLELIT DINNER

NOV 23

ALL SESSIONS INCLUDE
FINE DINING TWO COURSE AYURVEDIC MEAL | UNLIMITED USE OF SIBERIAN SAUNA

£75 SINGLE SESSION - £150 ALL THREE SESSIONS
LIMITED EARLY BIRD DISCOUNTS AVAILABLE

WWW.SADHAMA.COM/WINTERWELLBEING
INFO@SADHAMA.COM