

A decorative border surrounds the text, featuring various styles of snowflakes in shades of blue and white. In the bottom-left corner, there is a cartoon snowman wearing a black top hat and holding a broomstick.

# Rest and Reset

**Saturday 1<sup>st</sup> February 2025**

**11am-12.30pm**

**Studio 3, University of East London, (USS),  
1 Salway Rd, E15 1NF**

Join Rowena and Delene (Rodewell) for an immersive sound experience accompanied by Biodynamic massage. A unique chance to go within, drop in to deep relaxation and allow your body to let go and digest any excess stress. Feel deeply rested and energetically reset. Please bring a yoga mat, blanket and pillow, (for comfort and warmth)

Book your spot: <https://booking.appointy.com/en-US/rowenas/bookings/service>

Check out our new website:  
<https://rodewelltherapies.co.uk/>

**Only 10 spots available!**

**£40**