

A decorative border surrounds the text, featuring various blue and white snowflake designs. In the bottom-left corner, there is a stylized snowman wearing a top hat and holding a broom.

# Rest and Reset

**Saturday 2<sup>nd</sup> February 2025**

**3-4.30pm**

**Blackwater Pilates Studio. 3 Green Lane,  
Blackwater, surrey GU17 9DG**

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**