

A Wellness Week Holiday

December 2020 Newsletter

12/1/2020

www.mariewellnessclinic.com

Restoration

Holidays are usually planned well in advance and we countdown to departure with growing anticipation of the joy and relaxation promised.

As we head into the festive season this year, we may be struggling to find a holiday solution to meet our needs.

Dubai offers a world of magical options especially this time of

life. Here at the **Just Be Centre** it is possible to combine a week long **Self-Discovery Course of one to one sessions** with **Yoga and Pilates** fitness classes. You can also include some beach time, sightseeing and other outdoor activities while staying in beautiful 5*accommodation.

The benefits of choosing a **Wellness Week Holiday** are



year. The weather is perfect for beach days, sightseeing, diving, off road driving, camping and a host of other exciting fun things to do.

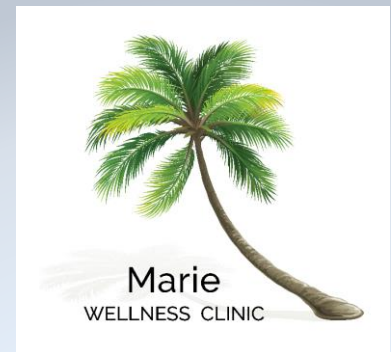
Dubai also offers restoration holidays for the weary soul.

While it is often easier to choose outlets for fun physical activities, it is also exciting to improve our mental wellbeing, manage stress, regain inner happiness, and discover our passion and love of

many, including a boost to your immune system by reducing stress and negativity; gaining inner clarity and happiness, increasing physical fitness and making a fresh start for the year ahead.

Packages available to include your Self-Discovery Course, Yoga and Pilates classes and accommodation.

Call me on 0501087592 for more information



Book your exciting Wellness Week Holiday Now!

- Discover your passion
- Gain Peace of mind
 - Inner clarity
 - Freedom from worry and anxiety
- Recover from past disappointments and losses
- Increase physical fitness
- Build the future you are dreaming of

Call Marie on 050 1087592

marie@mariewellnessclinic.com