

Summer Holidays

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www.mariewellnessclinic.com

Holidays

Summer is finally here! And this year there are more opportunities to travel and explore. When we think about holidays, we may experience a sense of escape and adventure. A feeling of leaving stress behind for a while.

Most of us find that after a few days of relaxation we start to reconnect with ourselves and our attention turns to envisioning a more desirable future. Holidays

Mental wellbeing and personal happiness have become more important than career progression.

Searching for meaningful work and pursuing goals that reflect our inner values and motivation have become central in our quest to finding real happiness and fulfilment in life.

Wellness Holidays offer you the opportunity to rediscover your

Book your Wellness Week Holiday Now and build a life you won't need to escape from.

- ❖ Discover your passion
- ❖ Gain peace of mind
 - ❖ Inner clarity
- ❖ Freedom from worry and anxiety
- ❖ Recover from past disappointment and losses
- ❖ Increase physical fitness
- ❖ Build the future you dream of.



“INSTEAD
of wondering when
your next vacation is,
maybe you should set
up a life you don't
need to escape
from.”

Seth Godin

allow us the space and time to relax, reflect and recharge our batteries.

Wouldn't it be wonderful if these feelings of happiness and wellbeing remained with us when the holiday ended?

Since the pandemic many people are reconsidering what they really want from their career.

passion and love of life.

As you free yourself from the negative influences of the past you are on your way to creating a life you don't need to take a vacation from.

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