

5%  
DISCOUNT For anyone who books before 1st February

# YOUR TRANSFORMATION BEGINS HERE

Join Rosemary Gardner and Peter Sage on the magical Island of Lesbos, Greece.  
Have you had a diagnosis of cancer, lymphoedema or lipodema?  
Have you ever felt that your world has been turned upside down and spinning out of your control?  
Then this is for you. This unique 1 week retreat has been created especially for you to restore your whole being; mind, body and spirit and take back control. You ask how are we going to do this?

28<sup>TH</sup> APRIL – 5<sup>TH</sup> MAY  
2018 LESBOS

**Spring time** its a time of new life, where the magnificence of nature bursts forth from being dormant, hidden under ground and a time of rebirth. The unstoppable force of nature is magnificent and all powerful, and you are an integral part of nature. Our purpose in life is to grow and contribute and we want to help YOU to live the life you deserve and the life you were born to live. By teaching you the cutting-edge science of epigenetics, giving you tools to implement these teachings into your daily lives so you can share them with your loved ones and by supporting you in the process you will feel empowered and confident in creating the life you want.

## BOOK YOUR PLACE NOW!

Download the booking form at:  
[www.flourishinghealth.co.uk](http://www.flourishinghealth.co.uk)  
£200 deposit secures your place (non-refundable)  
Own insurance required (If you have any questions please contact Rosemary on (+44) 07801 708808)

**FLIGHTS:** Book your flights early!  
Outbound by Aegean Airlines from Heathrow, return by Thomas Cook to Gatwick to ensure smooth transfers (details on booking form).



Our accommodation at Milelja is of a very high standard.

We take a maximum of 22 people.

All rooms have facility for double or single occupancy; have tea making facilities and all come with en-suite shower rooms.

Towels are provided and bed linen changed once a week.

We recommend you bring a beach towel for use by the pool, for swimming and enjoying the hot-springs.

Where will we take you to? A serene paradise where the fresh air is intoxicating. It is a true wellness haven in the middle of natural tranquil surroundings. Here you can walk and explore among the beauty of all the spring flowers and relax in the natural mineral rich pools which are freely available to replenish and rejuvenate you. You can enjoy beautiful sea views and it is an easy walk to the main harbour and shopping area.

At the retreat you will find a variety of accommodation to meet your needs both single and double occupancy and all with en-suite facilities.

We will enjoy gentle morning exercise and meditation before our delicious healthy brunch. Following this we will settle down to prepare ourselves to start to consciously learn about our transformation and empowerment. There will be plenty of free time for you to relax and explore or to do something that fulfils you such as painting, writing or whatever that may be for you. There are facilities to enjoy a massage or beauty treatment and Rosemary will be offering MLD on a first come first served basis. We will also have a couple of lovely surprises for you just to say thank you for coming and sharing this week with us.

**Your Host:** Rosie Gardner is a highly experienced complementary therapist who has worked in health and particularly the area of cancer for over 15 years. Rosie is known for her friendly and approachable personality with ability to encourage and bring the best out in people.

She is trained in coaching, Neuro-linguistic programming (NLP), hypnotherapy, meditation, massage, aroma therapy and lymphatic drainage among other therapies.



**Your Co-host:** Peter Sage is an extremely experienced coach, teacher, entrepreneur and was the youngest Tony Robins trainer helping to transform people's lives. His passion and insights will supercharge your transformation!



	Double Occupancy	Single Occupancy	Costs include in the table below are INCLUSIVE of:
Room with terrace and en-suite	£1200	£1425	·Accommodation for 1 week ·Exercise classes
Room with terrace and shared en-suite	N/A	£1365	·Morning meditations ·Brunch
Apartment with terrace and en-suite	£1365	£1610	·Workshops ·Two surprise events
Penthouse apartment with terrace and en-suite	£1430	£1995	·Return transfer from Mytilene airport to retreat centre



**Flourishing Health**  
Holistic Therapies for Health

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Flights and evening meals are NOT included (cost of evening meal on average including wine is 20 euros)