

WOODLAND RESET

A SACRED PAUSE

You're invited to
The Wellness Woodlands
In beautiful Bridgnorth

Sat 30th August (12-6pm)
Self-investment £100



Step away from the noise...

And allow the world to grow quiet around you
Breathe in trees, scents, and stillness
Feel your shoulders drop, your heart soften
This is your space to rest

To reflect, to gently come home
A retreat for your soul
Held with care, among like-hearted women



Learn how to nurture your inner world
Tap into your intuitive higher self.
Just small shifts that last
Walk, write, speak, be

Let nature remind you that you are enough

Imagine...

Creating space for yourself and slowing down, letting go, embracing nature's healing powers

Forest bathing meditation Rest gently while the forest holds you as you ground into the experience, releasing into the earth all tension and any emotional heaviness

Reflective coaching workshop heartfelt conversations around a commune campfire as You re-tune your intentions and reset your focus

Emotional reset hypnosis: Exhaling deeply. letting go of what no longer serves this newer, higher vibrational you

Speak softly. Let nature guide your truth as the fire crackles, a warm mug in hand, no questions needing answers, no thoughts to fix...just trees, sky, and the peace you missed





Who is this for?

- Spiritual explorers, who want to go deeper
- Moms, women carrying the load
- Entrepreneurs nudged by soul whispers
- Creatives craving space

Those who care deeply for others and are ready to start caring deeply for themselves again.

If you're feeling the call, intuitive, and seeking inner peace... this is for you.

What can I expect on the day?

6 hours in serene woodlands, filled with healing meditation, breathing exercises, restorative hypnosis, and mindful conversations

A peaceful space to slow down and pause.
A calmed nervous system, with emphasis on opening up the heart chakra

Gentle movement, hands-on learning & supportive reflective coaching, assisting You to release what no longer serves you

You will be reconnecting with your inner strength.

With kind women beside you, you'll rest, reflect & reset, whilst remembering who you are

A soulful experience you will NEVER forget



What you will leave with



- ✓ Mind clear Body calm
Heart open
- ✓ Energised from the
inside out
- ✓ Grounded in nature
Reconnected to self
- ✓ Ready to choose you,
with confidence and clarity
- ✓ Aligned with your truth
Stepping back into your
power
- ✓ A renewed spark. A
strong, soulful start

A sacred reset

Count me in!

Spaces are limited, to keep it personal and intimate

Prepare for deeper healing, greater clarity, soul-level shifts and more

If your heart is whispering yes, don't delay, book today. **Reserve your place now**



***TO SECURE YOUR PLACE and/or enquire about accommodation,
email: contact@georginaohanlon.com or call 07475 076662 for more information***

Want to extend the experience?

Why not stay the night before or keep the campfire burning into the night

(A variety of accommodation options onsite and locally)



About your guide

A mindset coach and wellness advocate passionate about helping women reconnect with themselves through soul-led intuition

My journey back to self began with healing deep-rooted abandonment and identity issues by embodying daily self-care and mindset mastery. Learning that it's all an inside job

Prioritising my physical health, inner healing, and grounding practices changed everything, and now I support other women in doing the same, gently and without overwhelm.



Georgina

Your Investment: £100 per person

This is more than an event, it's a return to yourself, with lifelong benefits

For less than it costs you on a night out or that new handbag, you'll receive a day full of;

- soul-deep nourishment
- heart-opening experiences
- wild healing nature
- and the kind of peace that stays with you.

The moments you'll have?

Priceless.

The shift you'll feel?

Life-changing.



Spaces are limited, and meant to be.

This is your time. Claim it with love

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