

# NVA

# SOUL LOVE RETREAT

NOVEMBER 23



## NOVA NORTHERN STAR

---

Date

30th November - 3rd  
December 2023

Enquiries

[info@novanorthernstar.co.uk](mailto:info@novanorthernstar.co.uk)  
Instagram: @novanorthernstar

Location

Huddersfield

A photograph of a modern interior hallway. In the center, a wooden staircase with a light-colored wood finish and a glass railing leads upwards. To the right, there is a large, ornate mirror leaning against the wall, and a glass door with a wooden frame. The floor is made of light-colored stone tiles. The ceiling has recessed lighting. The overall atmosphere is bright and clean.

## WHAT TO EXPECT

When was the last time you took time for yourself? This particular retreat is called Soul Love because that's exactly what it is, it's giving your soul the love it needs. The weekend will be filled with a variety of workshops, activities and soul filling treats. They'll be room for spending time with self as well as bonding with others.

TO PUT YOURSELF FIRST IS  
THE GREATEST GIFT

# WHAT'S PROVIDED

Bedding and towels are all provided however we encourage you to bring a spare towel for the spa facilities.

Breakfast and snacks will be provided. All dietary requirements met.

A variety of activities, workshops and ceremonies both in house and external services is also provided.



# WORKSHOPS, ACTIVITIES, CEREMONIES

A light draft of what to expect:

- Introductions
- Ice breaker
- Spa Treatment
- Nature Walk
- Juicing Workshop
- Movement Workshop
- Essential Oils Workshop
- Skin care product creating
- Themed evening
- Guided Meditation
- Chat and Chill
- Journalling
- Vision boards



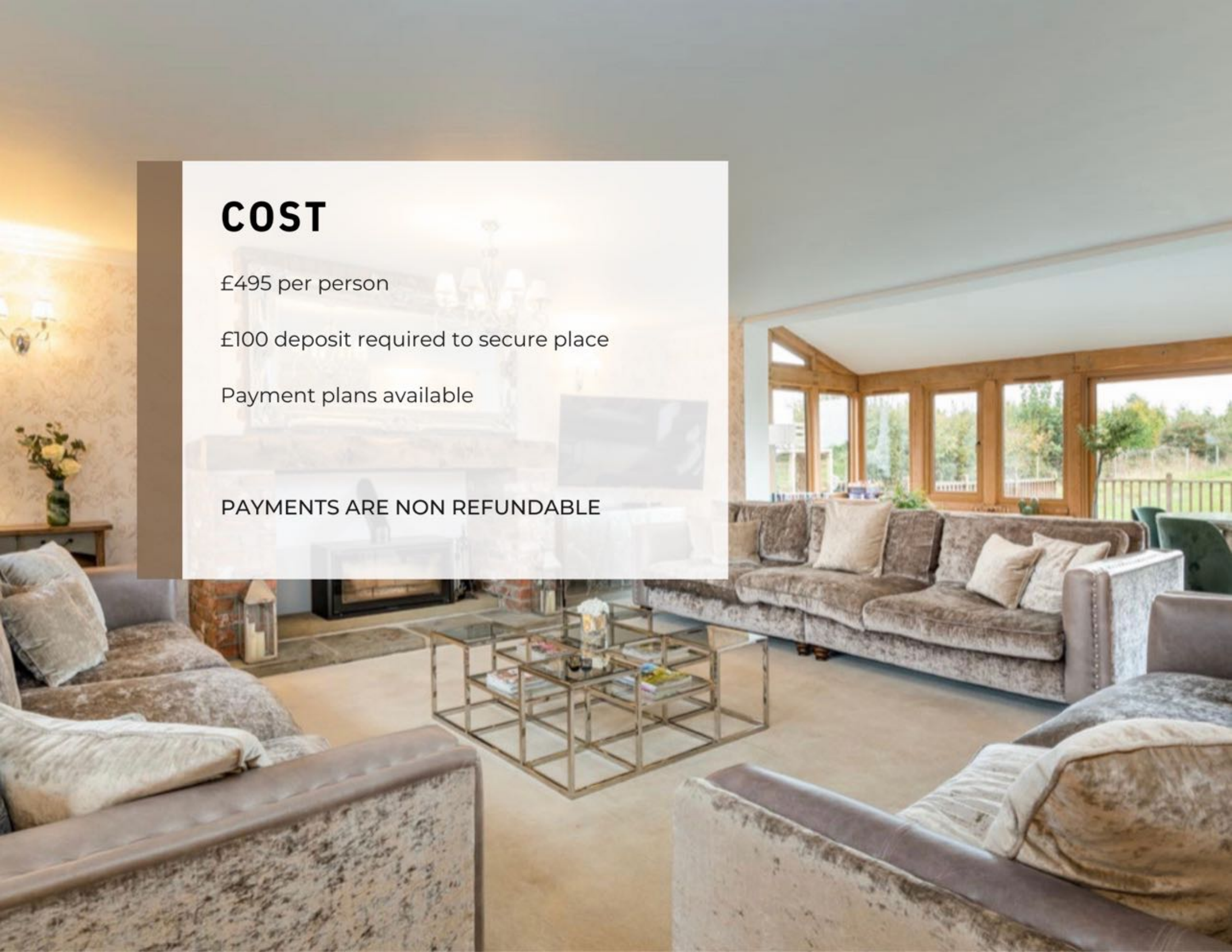
# **COST**

£495 per person

£100 deposit required to secure place

Payment plans available

**PAYMENTS ARE NON REFUNDABLE**



# YOUR ARRIVAL

For each and every woman we come in connection with we see as a honour. Behind the scenes we anticipate all arrivals and work hard to ensure you will have a great retreat, create good habits, all while experiencing a time you will remember for years to come.

Details regarding the exact location and arrival time will be received closer to the date. If you are interested in booking on or have any further questions please feel free to contact a member of the team and we'll be happy to help.

Email:  
[info@novanorthernstar.co.uk](mailto:info@novanorthernstar.co.uk)

Instagram:  
[@novanorthernstar](https://www.instagram.com/novanorthernstar)

*We hope for the chance to create a magical time with you.*



---

**SHLEETA PALMER**  
**FOUNDING DIRECTOR**

---