



ALIGNED
@WILDHIVE
MICRO RETREAT

ATTUNE TO YOUR
BALANCE
&
HARMONY

Harness the therapeutic power of musically-guided movement, breathwork and a Sound Journey in a 2.5 hour mini escape.



Alignment is when our thoughts, life choices, and direction all honour our core values.

Alignment is when we listen to our intuition and move through the world embodying our true selves.

Alignment is function and action with ease.



BARRE FUSION

Music has the power to have a profound affect our emotions, behaviour and wellbeing. Led by professional musician Erin, Barre Fusion is choreographed to a carefully curated soundtrack, guiding you from introductory musical breathing practices, through a series of low- impact movements using the barre and mat, to a state of tranquility after a meditative floor and breath work session.

SOUND

This soul soothing, deeply calming and transformative healing therapy uses a variety of instruments including crystal, alchemy and Tibetan singing bowls, ancient gongs, shamanic drum and many more celestial sounds providing a deep immersion in powerful vibratory medicine. Led by Sound Journey specialist and Angelic Reiki master, Sarah.



aligned

MICRO RETREAT



BOOK A STAY

Give yourself a dedicated space for reflection to amplify your retreat, experiencing all that award-winning Wildhive Callow Hall has to offer. Packages available.

****Not advised if you are pregnant, wear a pace maker, have metal plates, bolts and or joints and are taking medication for psychosis.**



WHEN

SUMMER 2025 DATES

Sat May 24th 3:30-6pm

Sun July 20th 10am-12:30pm

COST

Retreat £99

Packages*

Hive & Retreat £359

Fabulous Room & Retreat
£289

Lovely Room & Retreat £239

Cosy Room & Retreat £219

*Subject to Availability

BOOK

Contact

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