

FOR WOMEN  
WHO WANT TO  
LOOK AND FEEL  
FABULOUS!

## Creativity & Health Retreats in Tuscany *EAT, PLAY, LAUGH!*



Places limited  
to maximum

Taking  
bookings now!  
Sat 16

Introductory  
course cost

*An opportunity for you to explore who you are today* and learn how to make simple and achievable changes in your lifestyle and diet to be true to yourself, tap into your creativity, and improve your fitness and stamina.

Your course leaders are sisters Carol and Heather, who both enjoy eating, exercising and being creative, but in very different ways! We invite you to come to Casa Rosa in late November and spend some quality time with us in the fresh air of the beautiful Tuscan mountains with great company and delicious food!

#### **YOUR EXPERIENCE WILL INCLUDE:**

Three days of structured personal development workshops, creative activities, yoga based exercise, and walking. No previous experience is needed; we work with your individual starting place. And, because it's November.....

**Christmas shopping in the nearby beautiful city of Lucca!**

**Lucca is a medieval walled city, renowned for its welcoming shops and cafes – la dolce vita!**

**CAROL NEWMARCH** is a professional artist, a Relational Dynamics coach, and a creative mentor who specialises in coaching for creative lives and businesses. For over thirty years she has delivered staff training and personal development programmes with a health and creativity agenda, particularly for girls and women. Carol believes in following your dreams!

**HEATHER NEWMARCH** is a qualified and experienced personal fitness coach. She has her own fitness studio, NewmarchFit, which offers a unique concept in health, fitness and diet support. Heather also offers yoga based exercise and Reiki healing. Her long career as a successful but 'desk bound' accountant led to her philosophy that health fitness and diet have to 'fit' with modern lifestyles!

**Because we are newly developing these courses, Carol and Heather are offering you this experience, including accommodation and food at £750: a reduction of approximately one third of the normal cost! Places are limited to six to ensure your personal attention and a quality group experience.**

**Information about these retreats and other courses in UK and Tuscany can be found on [www.carolnewmarch.co.uk](http://www.carolnewmarch.co.uk)**

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**Heather: 07899 915 143 [heather@newmarch.co](mailto:heather@newmarch.co)**

**[www.newmarchfit.com](http://www.newmarchfit.com)**

"I love this beautiful place! Thank you both for helping me through my journey, I've learned so much.." W.M  
"I know that later in my life I'll remember this week as a life transforming experience" M.Y.