

Offered by:

THE HILLERY FAMILY
FOUNDATION



YOUR MONTHLY WELLBEING TUNE-UP

An Embodied Workshop Series — One Day a Month to Recalibrate, Reconnect, and Remember Who You Are

Dates: 15 Sept, 13 Oct, 17 Nov, 8 Dec 2025

Time: 9:30 AM – 4:30 PM

Includes a nutritious lunch prepared by a chef

Followed by a community evening from 7:00 PM – 9:00 PM (doors open at 6:45 PM), open to workshop participants and the general public.

Modern life moves fast. We take our cars in for regular MOTs to keep them running smoothly - but what about us?

This workshop series invites you to give your body, mind, and spirit the same kind of care and attention.

Once a month, we gather for a full day of embodied exploration - a chance to slow down, listen inward, and tend to your inner terrain.

These are not performance-based sessions. They are spaces to practice being human.

To connect with yourself and others in a real, grounded way.

Whether you're navigating stress, seeking deeper alignment, or simply needing time to pause and reset - this series offers a rhythmic return to yourself

TO FEEL. TO MOVE. TO BREATHE. TO NOTICE.

WORKSHOP INTENTION

The intention of this workshop is to create a space for a mind-body-spirit therapeutic experience that leaves participants feeling more alive, connected, and at home in themselves. Through embodied practices, reflection, and community connection, participants can expect to deepen their self-awareness and understanding of others—laying the groundwork for greater resilience, authenticity, and well-being.

“Come as you are. Leave more connected.”

WHAT TO EXPECT

- Grounding movement and breath practices to connect with your body and set the tone for the day
- Guided self-reflection to deepen awareness of your patterns, emotions, and inner landscape
- Therapeutic group work and creative exploration that foster connection, expression, and healing
- Time for rest and integration, honouring your unique pace and needs
- Educational components to support nervous system regulation, emotional resilience, and embodied presence
- A chef-prepared lunch to nourish you mid-day
- A welcoming community evening (7–9PM) with offerings like sound healing, reiki, chanting, or dance — open to both participants and the wider public
- This workshop is grounded in the belief that we are already whole — that healing happens in connection, not in fixing. You are invited to come as you are.

Please wear loose, comfortable clothing suitable for movement. Layers are suggested.

OFFERED FREELY/OPTIONAL DONATION

Suggested donation is £125 per day - It is suggested that participants commit to all four days.
Participants must come to the first session.

Register now to reserve your space. Spaces are limited. www.thehilleryfamilyfoundation.com/offerings

For any questions, please email info@thehilleryfamilyfoundation.com.