

# The Stretch Yourself Business Wellbeing Retreat for Female Entrepreneurs

26-28 APRIL 2023 | NORTH YORKSHIRE



## *The Why*

Feeling like you need a stretch? Stuck on repeat? You might feel like you're doing the same things over and over – and there're no results. Of course you know you need to do something different, try something new... but what? You're not sure where to start, what to switch up or how to take yourself out of your comfort zone. But you're ready to find out and make a start.

Alongside fellow women in business, you'll leave this specially designed retreat ready to think differently, feel relaxed and create new possibilities for your life and your business.



## *The Details*

You'll arrive after 16:30 on the Wednesday at the luxury North Yorkshire location ready to enjoy your two day retreat.

During your two day stay, you get to choose to take part in any of the four stretch yourself workshops designed especially for you alongside movement and yoga classes to reinvigorate your mind and body.

We'll have exclusive access to the entire house and grounds, and the opportunity to enjoy some personally selected activities including bike rides and spa access. You will have your own private bedroom and all home cooked meals will be provided by our personal chef. Please let us know of any particular dietary requirements when booking. You'll leave refreshed and energised at 16.30 on the Friday afternoon.



## *The Investment*

Your investment is £897.

You can choose to pay in three installments at no extra cost or stay for one day only, for £450.

Book now by contacting Ros Jones on  
07818 646672 or email [info@rosjones.co.uk](mailto:info@rosjones.co.uk)



26-28 APRIL 2023 | NORTH YORKSHIRE

# The Stretch Yourself Retreat Team



*Ros Jones*

Ros is a business coach, clinical hypnotherapist and a published author. As an experienced NLP coach, she enjoys empowering business owners to unlock their potential and mindset. Ros encourages her clients to start thinking bigger and open their minds to new possibilities for their life and business to thrive.



*Katherine Bray*

Katherine is a personal trainer with 12 year's experience working with females to achieve their personal health and fitness goals. Having met Ros in 2015, Katherine has worked with her to stretch and grow her own business from mobile Personal Training to owning her gym and expanding into online coaching during the pandemic. Katherine believes there are only opportunities in all adversity.



*Jen Blacow-Hughes*

Jen is the Managing Director of Optima Electrical and trained actor. Jen uses her improvisation skills for various speaking and non-speaking roles, as well as appearing in various TV adverts, comedies, soaps and film for major production companies. Jen has an interest in using theatre methods, such as 'forum theatre', as a tool for education & personal development.



*fran Kitson*

Fran is a yoga teacher and yoga studio owner from Scarborough with a passion for supporting wellbeing. Her classes offer embodied movement and stillness that can teach us broader life skills. Fran previously worked in marketing in both FMCG and charitable sectors, and now runs her own yoga business where she applies lessons from yoga philosophy and the corporate world.

Book your place at this special retreat by contacting Ros Jones on 07818 646672 or email [info@rosjones.co.uk](mailto:info@rosjones.co.uk)

