

DID YOU KNOW APRIL IS STRESS AWARENESS MONTH?

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REVOLUTIONARY RETREAT

Revolutionary Retreat will be holding wellness days exclusively for the Manor Royal Business District and Gatwick Businesses.

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- Meditation workshops
- Massage performed over clothing on ergonomically designed chairs
- Reduce muscle and joint pain
- Boost energy levels
- improve physical and mental performance
- Relieve eyestrain and headaches
- Reduces stress levels
- Encourage better posture



Contact Shareen Omar for further details 07402941326
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