



THE LINCOLN WELLBEING DAY RETREAT

An unforgettable day of calm, clarity, connection &
self-care using mindfulness, music, meditation &
nature

Sunday 21st September, 2025

Hosted at Charlotte House, Lincoln, LN1 3BJ

Registration 9.45 am, Start 10.20am, Close 5.30pm

Savour a day of slowing down and taking care of yourself

Rediscover ways to a healthier and more relaxed you

Take away practical tools & approaches to use in your daily life



Hosted by expert facilitators

Dr. Sands McCutcheon (Mindfulness Skills4Life)

Will Crawford (quietnote)



**INTRO TO MINDFULNESS - MUSIC-BASED MEDITATION -
BREATHWORK - USING NATURE TO SOOTHE A BUSY MIND &
BODY- NAVIGATE YOUR NERVOUS SYSTEM
GLORIOUS FOOD - TIME TO REST & REFLECT**

For enquiries

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Mindfulness Skills4Life

quietnote

Your restorative retreat day

Experience guided exercises from mindfulness, meditation, music, movement and nature to stress reduction & enhance wellbeing

Receive a warm welcome and share the outline of the day

Dip your toes into the experiential sessions, each with time for reflection and discussion

Enjoy restorative tea breaks between each experiential session & a soothing meditation at the end of the day

Savour home-cooked food prepared by the Chef team at Charlotte House

Take home resources and practical tools to keep your wellbeing skills growing in your daily life

Who will enjoy this day ?

EVERYONE, INCLUDING YOU

Especially, those curious about mindfulness meditation, music, nature & neuroscience and who want to explore it in a warm & welcoming space.

Experienced mindfulness & meditation practitioners

Regular ticket price £128 (pp)
includes food, refreshments & take home resources.

Early bird tickets £115 (pp) when booked by Sun 3rd August

(both subject to our Ts and Cs)