



## WILLOWS WELL-BEING RETREAT

### Location

Surrounded by <sup>1</sup>..... the only thing interrupting the peace at the Willows Well-being Retreat is the sound of birdsong and leaves moving on the trees. Or if you find yourself standing on the <sup>2</sup>....., the gentle sound of water rushing by.

### Facilities

- World-class dining
- Freshwater swimming pool
- Large <sup>3</sup>..... amongst the trees for yoga classes.

### Activities

From forest bathing to hiking along ancient <sup>4</sup>..... through the landscape, there is a wide variety of well-being activities to choose from during your stay. For those who prefer being less active, simply sit and enjoy the beautiful <sup>5</sup>..... around you or bathe in the <sup>6</sup>..... shining warmly through the trees.

We look forward to welcoming you at Willows!