

martha rose  
yoga

nurture your body and mind



BLACKHEATH  
PHYSIOTHERAPY & PILATES

# London Health & Wellbeing Day Retreat

11th May 2024 | 10.30AM - 4.00PM  
Blackheath Complementary Health Centre,  
Blackheath Royal Standard, London



Escape the hustle and bustle of city life and join Kelly and Martha for a nourishing pilates and yoga day retreat in the heart of Blackheath, London.

For more information and book [scan QR code](#) or visit  
[www.martharoseyoga.com](http://www.martharoseyoga.com) /  
[www.physioblackheath.co.uk](http://www.physioblackheath.co.uk).

