

Body & Soul Spiritual Retreat

**Dates:**

Friday 20 June 2014 at
6pm – Sunday 22 June
2014 5pm

Venue:

Latimer Place, Chesham,
Buckinghamshire,
HP5 1UG

Cost:
(subsidised)

£99

Per Person (Includes
accommodation, meals
and activities)

No transport provided

Guest speaker: Sis Soraya Janmohamed – Muslim Personal Trainer

Spiritual Guide: To be confirmed

Programmes to include: Purification of the soul (Tazkiya –e-nafs),
Body De-tox, Exercises, Healthy eating tips, Mind and Body
Rejuvenation and much more....

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Come and relax in the beautiful, serene and pristine
surroundings and let yourself 'go' for the weekend.

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To register online please visit:
www.coej.org

For further information contact:

E: secretariat@coej.org

T: 0208 696 5200

