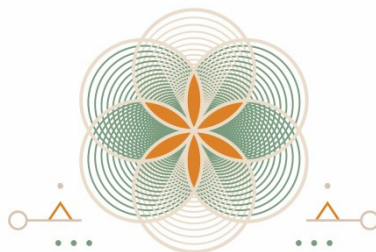


**A LIFESTYLE MEDICINE EDUCATIONAL
RETREAT FOR CLINICIANS:**

"Understanding The Menopause"

FRIDAY 24TH - SUNDAY 26TH MARCH 2023

BEARNOCK LODGE, CANNICH



WILD-NESS
SPA & RETREAT

The wild way to wellness





WILD-NESS
SPA & RETREAT

The wild way to wellness

*Come and join us on this one of a kind educational retreat,
centered around lifestyle medicine and the menopause!*

FRIDAY 24TH

4PM ARRIVAL, FOLLOWED BY DRINKS, DINNER & LIVE MUSIC

SATURDAY 25TH

MORNING YOGA, FOLLOWED BY BREAKFAST

"MENOPAUSE & LIFESTYLE CHOICES FOR HEALTH"

GUIDED NATURE WALK

AFTERNOON NUTRITIONAL TALK

FIRESIDE STORYTELLING

SUNDAY 26TH

MORNING MOVEMENT CLASS, FOLLOWED BY BREAKFAST

"THE HEALTH BENEFITS OF THERMOTHERAPY"

THERMOTHERAPY, TIME SPENT IN NATURE, HOLISTIC THERAPIES

5PM DEPARTURES

*Led by Dr Katharine Jones, this retreat brings together local
health + lifestyle practitioners to provide you with a holistic and
educational experience.*

****ALL ENQUIRIES TO INFO@WILD-NESS.CO.UK****



Dr Katharine Jones MBChB (Bham) MRCGP Dip IBLM/BSLM has over twenty years' experience as a GP and Western Acupuncturist, and more recently qualified as a Lifestyle Medicine Physician and Open Water Swimming Coach.

Kath has a background in academia and medical leadership including roles as a Clinical Research Fellow at the Liverpool School of Tropical Medicine and Associate Medical Director for NHS Highland..

Dr Hame Lata MBChB (Dundee) FFSRH MRCGP (exam) DRCOG is a full time Consultant in Sexual & Reproductive Health and a BMS registered Menopause specialist. She qualified from Dundee and completed GP vocational training in Tayside in the 90s before specialist training in Sexual & Reproductive Health care and moving up to the Highlands.

She is currently the Service Clinical Director for Highland Sexual Health, and has a particular interest in reducing health inequalities for women - her previous roles included NHS Highland Lead for Gender Based Violence and more recently, the remote & rural representative on the Scottish Government's Women's Health Group which developed the Women's Health Plan.



Nature lover, Yoga teacher, Bushcraft instructor, Celtic artist & woodcrafter

Caoimhe Keohane has a passion for the re-wilding movement and believes that humans can re-wild themselves through nature immersion, movement, breathwork and elemental exposure.

When guiding nature walks, she encourages space for meditation and contemplation, whilst the style of yoga she teaches is all-inclusive Hatha; a slow flow giving students time and space to feel deeply into every posture.

"The way we walk in nature can have a significant impact on our experience and our nervous system. I encourage people to slow down and breathe in, moving in tune with our bodies and the natural environment."



Rianna Hemmings is a Level 3 qualified personal trainer, specialising in strength, mobility, and menstrual health.

"It's time to re-define what consistency means for women in the fitness industry. stop fighting your body. create + find balance. and have a happier period. Period."

She works with women, helping them to understand and re-connect with their bodies, work with their hormones, and achieve long-lasting health benefits through mobility and strength practices that bulletproof joints and prevent injury.



The Health Benefits of Thermotherapy...

Fergus Weir is an entrepreneur, a trainee Somatic Experiencing Practitioner and the joint-owner of a mobile Finnish sauna built in a converted horsebox. He can be found taking the sauna out to natural water locations across the Highlands and facilitating hot and cold therapy sessions.

His passion for sauna, and a love for cold water, both developed through his own wellness and wellbeing practices. He is now on a mission to spread the word and his passion for all things sauna and hot and cold, to enable as many people as possible to gain access to the incredible benefits of thermotherapy as a regular wellbeing practice.



Sarah Stelling BSc hons, Dip. Institute of Optimum Nutrition (ION), Dip. IPD.

With an honours degree in biochemistry and a three-year nutritional therapy diploma from the Institute of Optimum Nutrition (ION), Sarah has been in practice as a nutritional therapist since 2000.

She is the creator of the Edinburgh Centre of Nutrition and Therapy (ECNT) in 2005 and it has developed in to a busy and successful nutrition clinic. In addition, Sarah is the senior lecturer at The College of Naturopathic Medicine (CNM) in Edinburgh.

