

# Rise & Shine

with Sara Jones of  
Back 2 Health

ISSUE # 1

NEWSLETTER

FEBRUARY 2026

## Nervous System Reset

*Workshop with Sara Jones*

Wed 8th April 2026 10am-4pm

Join me in an intimate, welcoming space as I share insights drawn from over 25 years experience in complementary medicine.

At the heart of my work lies a deep understanding of the powerful connection between our emotions, and the physical responses they trigger within the body.

Chronic stress is one of the most significant threats to our wellbeing. It disrupts almost every system in the body, weakening the immune response, fueling inflammation and increasing the risk of long-term illness. More immediately, it leaves us feeling depleted - foggy, anxious, achy, overwhelmed and emotionally out of balance.

But there are ways to gently reset. I will be sharing with you morning routines, that build resilience through **Breathwork, Havening Techniques, Trauma Tapping and Cold Immersion.**



## About Sara

Sara Jones is a dedicated natural health practitioner based in Kirkbymoorside, who brings a rich blend of therapies to support holistic wellbeing.

Her practice focuses on techniques such as **Neuro-Structural Integration Technique (NST), Reflexology, Emotional Freedom Technique (EFT) & Trauma Tapping**, alongside **Breathwork and Stress Management**, all rooted in deep intuitive understanding.

Clients consistently describe her as 'a beautiful intuitive soul' whose bespoke sessions help them feel relaxed, confident, and cared for.

Sara combines her 25 years of training with a heartfelt approach, supporting you to reconnect mind and body, reduce stress, and foster long-term balance.

Sara will guide you toward greater resilience, calm, and self-empowerment.

**For all communication regarding the workshop contact Sara on**

**07972 814522 (What's App) or  
back2healthkms@hotmail.com**



## About The Tree

The Retreat will be held in The Chapel Studio Space with all equipment provided.

Parking is available at The Chapel carpark for 9 cars. Additional spaces are available at The Tree main building if The Chapel is full.

Any attendees wishing to immerse themselves deeper at The Tree can book an overnight B&B stay. Spaces may be limited if other B&B guests are staying that week.

More information can be found at [www.thetree.earth](http://www.thetree.earth) or by contacting [relax@thetree.earth](mailto:relax@thetree.earth) 01751 417219

## Soul Food Menu

A delicious hot lunch cooked by Paula is included in your day and will be offered as follows:

Freshly pressed juice with a coconut, almond & adaptogenic mushroom blended power ball on arrival.

A South Indian Parsnip & Coconut Dhal served with pickled pink onion, coriander chutney & naan (GF/DF) for lunch.

A cherry & cacao brownie for an afternoon boost.

Tea & coffee making facilities with dairy/oat milk are provided, including a good range of Pukka teas.



**Bookings  
& Location  
Info**

**£90pp via  
BACS  
before  
attendance**

**S Jones  
53465490  
60-60-40  
Ref W/S +  
Your Name**

**The Tree Retreat  
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yesterday.ending**