



**Bringing health
& wellbeing to you**

If you're looking to enhance your health and wellbeing, then you've come to the right place. The Energy 4 U team are experienced specialists in this field and look forward to meeting you. We run wellness days, retreats, group activities, or individual health and wellbeing sessions - anything is possible! We just make it fun and educational so people get to 'have a go', find out more, and start to reap the benefits!

There are many options to choose from for boosting overall health and wellbeing and our team can be trusted to take good care of you. We cover everything ... Health & Fitness Education, Nutrition, Exercise Activities for all levels, Relaxation & Stretching Techniques, Complementary Therapies, Mindfulness, Lifestyle Coaching and much more!

Our experienced core team and network of practitioners and specialists provide a wide range of health and wellness services to individuals, groups and companies. We are passionate about what we do and love to share our knowledge, skills and expertise in a fun and friendly environment.

So here's a taster of what we can provide if you come to stay at the wonderful Witterings!
Services and Price List for individuals and small private groups as follows:

CONDITION, STRETCH & RELAX This class will take you through a range of stretching, balance and simple core conditioning exercises, all based on a mat. A more relaxing class to either start or end the day with! Suitable for all levels.	60 mins	£50 per group (max 8) Over 8 people £80 with two instructors
CONDITION, STRETCH & RELAX (alternative option) On Friday nights we normally hold the above class at a local venue so join our regulars who will welcome you to the Wittering weekend vibe! Call us for venue details.	45 mins	£8 per person
ARE YOU FIT & HEALTHY FOR THE LIFE YOU WANT TO LEAD? A private, personal 1 to 1 consultation with a qualified Health and fitness trainer will unlock various measurements and what these measurements mean. Measurements such as Body fat % versus lean mass % and blood pressure will be discussed. We will also discuss how you may make simple changes in your lifestyle to help improve or enhance your health and wellbeing.	40 minute one to one session	£40 per person
NUTRITION & HORMONE TALK A small group talk which can be tailored to meet your concerns and questions relating to nutritional advice and hormonal balance and wellbeing. An educational and enlightening discussion with an expert in Kinesiology.	1.5 hours	£100 per group (max 12 people)
Yoga For beginners	60 mins	£60 per group max 10)
PERSONAL TRAINING SESSION Delivered to your door! A fun garden or beach workout just for you, or with a partner or friend if you want to share and pair!	60 mins	£50 per person or £60 for two
GROUP EXERCISE ACTIVITIES For all levels from the beginner to the regular exerciser –many options available including Circuits, HIT, Strength & Conditioning, Ab Attack, Boxing & lots more!	60 mins	£50 per group (max 8) Over 8 people £80 with two instructors

CIRCUIT STRENGTH & CONDITIONING CLASS, (alternative option) On Wednesday mornings we normally hold a lively circuit class at a local venue so join our regulars who will welcome you to join in the fun (and usually afterwards everyone heads to Billys on the Beach for coffee!) Call us for venue details.	60 mins	£12 per person
HOLISTIC MASSAGE & NEUTRAL-SPACE RELAXATION Enjoy a traditional Swedish massage on its own or combine a deeper massage followed by a wonderful gentle relaxing bodywork session laying on a couch.	60 minutes includes 10 mins consultation & 50 minute treatment	£45 per person
RELAX RECOVER RECONNECT With Neutral-Space Relaxation If you are finding yourself tense or stressed then this type of gentle relaxation is just for you. Working on the complete body the practitioner can allow tension to fade away leaving you feeling relaxed and energised. This relaxation gives rise to improvements in all of the bodies systems, with a calmer breathing rhythm and improved mind focus.	30 minutes	£25 per person
LEARN TO MASSAGE Hands & Feet This half day workshop will equip you with a safe, effective series of massage techniques and by the end of the session you will be able to perform a wonderfully relaxing massage on your friends and family. An enjoyable, fun and relaxing workshop where you will both give and receive a massage.	Half day Provided by The Wilbury School of Massage and Reflexology	£35 per head (min 4 people)
LEARN REFLEXOLOGY This Reflexology Taster workshop is ideal for anyone who has an interest in Reflexology and wants to learn about this ancient therapy. No previous experience is needed and you will be able to use the techniques you learn on family and friends. You will learn how reflexes in the feet represent anatomical areas on the body and how to work on these reflexes for relaxation and wellbeing.	Half day Provided by The Wilbury School of Massage and Reflexology	£35 per head (min 4 people)
WINE TASTING Different options available – see separate document for full details Prices start at £25 per head We would highly recommend the Wine Fun!	1.5 hours	£25 to £30 per head

And of course being so close to the beach and Chichester harbour there are lovely walks and water activities such as surfing, paddle boarding, windsurfing, kayaking, kite surfing, sailing and lots more!



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