

# UK Health Retreats - Alternative to Hard Gym Machines



Location **South East, Surrey**  
<https://www.freeadsz.co.uk/x-252116-z>



Enjoy the combination of retreats like soft exercises, good nutrition and healthy coaching from wellbeing company Push Mind and Body. All the retreat programs are effective and simple unlike gyms. For more information click here : <http://www.pushmindandbody/>



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