



Welcome! RETREAT

Doctor Jutta Borms and Medical Medium & Astrologer Phil Griggs invite you to join them for an extraordinary weekend of revelation, relaxation, and revitalisation.

I would like to introduce myself. I am Doctor Jutta Borms, a qualified medical Doctor who utilises and practices a visionary approach to the benefits of yoga, health, and healing.

My continuing spiritual and holistic developmental journey has been one of both extensive training and attending groundbreaking health-based conferences.

My personal experiences with holistic therapies for the past twenty years have led me to immerse myself in the benefits of holistic medicine.

Phil Griggs is from England and currently resides in Spain. Phil is both a medical medium and a medical astrologer.

Meet Phil and discover his proactive and revolutionary approach to mediumship and astrology which are combined with his professional interpersonal counseling skills.

This is a very unique and special event: Join Jutta and Phil for guidance and inspiration on your quest for good health and inner growth.

[BOOK HERE](#)

HILVERSUM RETREAT

19th to 21st July 2024

Travel to Hilversum (Holland) to the Hoornboegse Heide for our third annual retreat.

This beautiful nature reserve is set amongst kilometers of trees and parkland.

The retreat is hosted in a warm and atmospheric house, that is an exceptional venue.

You will be greeted and welcomed to the venue by the hosts Dr. Jutta Borms and Phil Griggs.

Dr. Jutta Borms is a Medical Doctor and Phil Griggs is a medical medium & astrologer.

Meet them and experience their own unique approach to good health, inner growth, and general well-being.

Please read on for further details about this relaxation weekend retreat.



HILVERSUM RETREAT

‘MAGIC MOMENTS MAKE
MAGICAL MEMORIES.’

Beautiful and Tranquil

You will be able to relax and unwind during this inspirational weekend as you join us on a journey in this beautiful location set in woodlands and park land.



Scrumptious Food

The delicious food included in the itinerary of the retreat will stimulate your appetite.

Free Style Yoga

Stressed? Feeling burnt out? Then join us in free-style yoga, dancing, and laughter in a fun and soothing atmosphere.

Rediscover your inner balance and joy.





Walking in Glorious Woodlands

Follow the winding paths and discover the sumptuous greenery and beautiful natural vista at this peaceful retreat.

Stop, reflect and be at one with nature and observe the trees as they sway and listen to the birds singing.

Going with the flow

Relax, unwind, chat and get to know one another. Connect with like-minded people on your own personal journey to both peace, inner joy and healing.



Medical Mediumship & Medical Astrology

Phil has a wonderful sense of good humour and brings clarity, depth, and empathy to all of his professional and unique work.

Private individual consultations are available.

Fun & Friends

Join us at this magical nature-inspired venue to retreat, relax and refresh.

'Arrive as guests, leave as friends'





READY TO JOIN US?

Please press or copy and paste the link below to confirm
your booking.

If you have any questions or require further information
please don't hesitate to contact me.

Best wishes Jutta xx

<https://backandwhite.be/event/de-medical-medium-luxe-retreat-editie-iii/>

[Press Here](#)