

KATHERINE BOLTON

Katherine has been coming to Swanick for over 15 years. She is a multi-award winning Holistic Therapist, and at Swanwick is regularly seen doing the Morning Meditation by the Lake. Katherine has recently sold Pebble-Moon Holistic Wellbeing Centre where she taught Yoga, Meditation as well as specialising in dealing in Stress and Anxiety, both for the physical body as well as emotional wellbeing.

Now she has sold her business she can concentrate her time on fewer clients, caring for her parents, and her own writing. Katherine also writes the regular Writerly Wellbeing Article for the Swanwick Newsletter. Her approach is to enable you to make lots of small little changes to create the best version of yourself, and to feel good about who you are today.

