

Being Still, Being Steady...



A Weekend Retreat to Steady Ourselves & Reconnect to a Place of Stillness...

Friday, 17 - Sunday 19 May 2024

An invitation to reconnect to a place of stillness and steadfastness within ourselves so we can meet the world from this safe, reliable standing ground. We will create the space for you to simply be, take time for yourself, or to be with others, be nourished by good food and some food for thought. The days will begin and end with accessible yoga practices that invite the journey to stillness and stability. You will have time to continue that journey by being in nature, watching the clouds, reading a book, going for a strollgently and slowly establishing stable ground under your feet and content stillness in your heart.

Accommodation is in fun converted stable bays (single occupancy) or simple, comfortable rooms (single or shared between two people). £245pp (maximum 10 participants)

To treat yourself to this opportunity contact

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