

Centering Ourselves through Yoga and Clay



A Weekend Retreat

Exploring Yoga and Pottery

Friday, 5 June - Sunday 7 June 2026

In the midst of an increasingly volatile world that is dominated by distractions and demands, the ability to find a stable, calm presence within ourselves is invaluable. Yoga, meditation and chanting all provide accessible pathways to this centred state of being. Throwing pots on a wheel offers similar opportunities for presence, centering and bringing forth a part of our being that we are often unaware of. This weekend brings all these practices together: you will be guided through yoga practices, connect with your stable inner place, link some basic principles of yoga and meditation to the creative process of working with clay, have a lot of fun and will likely get very mucky! The weekend is suitable for everyone with or without yoga or clay experience. The days are fairly full but spacious, with breaks of nourishing food and quiet surroundings.

Accommodation is in fun converted stable bays (single occupancy) or simple, comfortable rooms (shared between two people): £275pp; (single occupancy for rooms £300) – incl. materials & firings of your final piece.

This will be posted to you once fired. (max. 8 participants)

To treat yourself to this opportunity contact sabinedahn61@gmail.com