

Creating a Sound Vessel



A Weekend Retreat exploring Our Being through Yoga and Pottery

Friday, 13 - Sunday 15 June 2025

Our yoga practice serves as a journey to turn ourselves into strong vessels that can hold the storms of our lives. Certain qualities of attention help us on our way to attain this steady containment. When creating a vessel in clay similar qualities will secure the growth of the pot which eventually provides a space that receives, holds and gives out. This weekend will take you on a journey inward as well as journeying outwards into expression in clay. It is suitable for everyone, who is willing to explore, 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. 10 participants) – To treat yourself to this opportunity contact sabinedahn61@gmail.com