

MOVE, BREATHE AND REST...



A WEEKEND AWAY ...TO COME HOME TO YOURSELF FRIDAY, 12 - SUNDAY 14 MAY 2023

An invitation to take time out for a weekend in a small friendly group, begin and end the day with a replenishing yoga practice, spend time in nature, watch the clouds, read a book, go for a stroll and gently and slowly come home to yourself.

We will create the space for you to simply be, feed you nourishing food to eat in good company, guide you through the yoga practices and share a campfire on Saturday night.

Accommodation is in fun converted stable bays (single occupancy) or simple, comfortable rooms (single or shared between two people).

£220pp (maximum 10 participants)

To treat yourself to this opportunity contact

sabinedahn61@gmail.com or barbaradancer@gmail.com