



Saturday 5 October 2019 at The Yoga House Retreat day with Caroline Lang

A whole day for unbusyness, to rest back, go nowhere, dive into practice, pause and refresh. Lunch will be provided for us so really like spending one day on retreat. The day will include Scaravelli yoga practice, pranayama, meditation through deep rest. Space for enquiry and space for lots of quiet. There will be a maximum of 10 people.

All are welcome whether you are a yoga beginner, experienced, a teacher, familiar to The Yoga House or coming for the first time.

If you would like to join us, email carolinelangyoga@yahoo.com and the payment of £48 would confirm your place.