



**Saturday 12 March 2022 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. The day will include Scaravelli yoga practice, pranayama, meditation through deep rest. Space for exploring and space for lots of quiet. There will be a maximum of 7 people.

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

Please arrive so we can start at 10.00am and we will finish around 4.30pm.

If you would like to join us, email [carolinelangyoga@yahoo.com](mailto:carolinelangyoga@yahoo.com) and the cost of £60 would confirm your place.