



Daylong Retreat Online, Saturday 5 February with Caroline

A day of yoga and meditation and lots of silence. Gathering together to spread practice into your home. The encouragement will be to offer yourself a whole day of being on retreat, putting commitments, tasks and interactions to one side so you can truly settle in close to yourself. Schedule will be as follows.

9.15 am to 10.00am Meditation

10.30am to 12.30am Yoga practice

2.30pm to 3.45pm Gentle movement and Meditation through Deep Rest

4.00 Sharing and closing

Cost is on a sliding scale £25/£50

If you are able to join, please let me know in good time by email. Open to anybody so do invite friends. It would be so good to have you with us.