



**Saturday 4 February 2023**

## **Retreat Day at The Yoga House**

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 8 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 and bring your own lunch.

If you would like to join us, email [carolinelangyoga@yahoo.com](mailto:carolinelangyoga@yahoo.com) and the cost of £65 would confirm your place.