

One Day Yoga Retreats

At Laurel Park in Rural Lincolnshire

June - September 2021



Total Investment: £45

Restore and enhance your wellbeing with a day of yoga, meditation and nature. Learn to listen to your inner wisdom, practice acceptance and gratitude, and establish a sense of balance and connection with yourself and others.

Retreat Dates (2021):

Sunday 6 th June	Self-care Sunday
Sunday 13 th June	Digest and process
Sunday 4 th July	Empowering yourself
Sunday 18 th July	Learning to let go
Sunday 1 st August	Integrity of the spine
Sunday 15 th August	Exploring the Ego
Sunday 5 th September	Moving with the breath
Sunday 26 th September	Exploring attachment and aversion

Event Schedule:

10:00 – 10.30	Introduction to the theme
10:30 – 12:00	Hatha and meditation
12:00 – 13:00	Lunch (bring your own)
13:00 – 14:00	Yoga inspired activity e.g. journaling
14:00 – 15:00	Yin yoga / restorative yoga
14:00 – 15:00	iRest yoga nidra
15:30 – 16:00	Time for reflections and intentions

What to Bring:

- Your own yoga mat, a blanket (or two), and any other yoga props
- A pen/pencil and paper/notebook
- A packed lunch of your choice
- Something to drink, in a bottle or flask with a secure lid
- Layers of clothing, to ensure comfort whatever the weather
- Anything else that might enhance your day

All attendees will be provided with a copy of the Yoga Barn Guidelines, to ensure health and safety, in addition to a Yoga Registration Form to be completed and returned in advance of practice.

Attendees are welcome to stay onsite after 16:00, to relax, meet the animals or socialise with each other.

Please feel free to contact us if you have questions or would like to book a retreat day.

E: info@laurelparkcampsite.co.uk

T: 07790 296737

W: www.laurelparkcampsite.co.uk

Please review our full terms and conditions before booking.

