

YOGA DAY RETREAT

GENTLE & JOYOUS REJUVENATION

Saturday 18th July, Harbour House, Kingsbridge
Devon

🌸 Energy healing 🌸 YOGA 🌸 Meditation 🌸 RELAXATION 🌸

10am - 4pm · vegetarian lunch included · £55

A day retreat to gently cultivate joy and rejuvenation

Together we will be strengthening and supporting our physical bodies and energy bodies, our chakras, through movement, breath and meditation. A whole day of sacred space, peaceful practice, good food and nurturing yoga-asana to bring you a sense of full rejuvenation and joy this spring equinox

Book: Rachel 07825 580518 / rachel@yogaforbodyandsoul.com

Ursula 07918 171472 / ursula.barbieri@me.com

