



## Embrace Autumn . . . Day Retreat

29<sup>th</sup> September 2018, 10am – 4pm  
Beaulieu, New Forest, Near Southampton

Give yourself a treat . . . book a day retreat with Soul Retreats, founded and taught by Laura Green. Spend the day in nature at our Tree House in the New Forest, near Beaulieu. This day retreat is about slowing down, letting go and embracing change as we head into autumn. A day retreat is the perfect chance to get away and make the most of some precious 'me time'. Come and escape with Laura.

### What to Expect:

- Grounding & Stabilising Yoga class exploring the Subtle Energy Body as a path to inner stillness
- Relaxing Yoga class, including restorative yoga, yin yoga and yoga nidra
- Meditation Class
- Silent Forest Walk
- Therapeutic Sound Bath
- Yoga Nidra for Deep Rest
- Delicious and Nutritious home cooked 2 course lunch
- A day retreat is the perfect chance to get away and make the most of some precious 'me time'. Come and escape with Laura on this all inclusive day retreat.

### The Venue:

Yoga in a Tree House! The Tree House retreat is near Beaulieu in the New Forest on the outskirts of Southampton and near to a train station. The venue has its own parking and is very easy to find. Full directions will be given beforehand.

### Booking – Go on Treat Yourself:

I'd love you to join me on this 'Soul Retreats - Day Retreat'. This retreat is being offered at a rate of £85/person.

The quickest way to reserve your space is to email Laura ([laura@lauragreenyoga.co.uk](mailto:laura@lauragreenyoga.co.uk)) and then either post a cheque to secure your spot or contact Laura for BACS details if you prefer to do things online.