



RELAX

Embrace Autumn  
Yoga Day  
20 October 2019

Rownhams House,  
Southampton

RENEW

## **Embrace Autumn . . . Day Retreat Balance & Harmonise Body, Mind & Soul**

**Soul Retreats – Day Retreat  
20<sup>th</sup> October 2019, 10am – 4pm  
Rownhams House, Southampton**

Give yourself a treat . . . book a day retreat at the gorgeous stately home Rownhams House, Southampton, with Soul Retreats, founded and taught by Laura Green. 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
- Therapeutic Sound Bath
- 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:**

Rownhams House, Rownhams, Southampton, is a stunning retreat venue just 10 mins from Southampton. The venue has its own parking and is very easy to find. Full directions will be sent in advance of the day.

### **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.