



Yoga Day Retreat Art of Relaxation

**Soul Retreats – Day Retreat
9th November 2019, 10am – 4pm
Romsey, Southampton
£85 / person**

Give yourself a treat . . . book a day retreat at the gorgeous Wisdom House, Romsey, Southampton, with Soul Retreats, founded by Laura Green and taught by Gemma Witcomb. This day retreat is focused on rest, relaxation and rejuvenation. By the end of the day you'll have experienced how healing and beneficial deep rest is, whilst also learning tool and tips to take home for everyday tension taming and stress relief

What to Expect:

- Welcome Green Goddess Juice
- Morning Vinyasa Yoga - Release tension in the Upper Back, Neck and Shoulders
- Meditation & Mindfulness Workshop - Soothe mental stress and learn to calm your mind
- Tea & Tension Taming Bliss Ball (a little healthy snack)
- Walk the Labyrinth - an ancient tool for relaxation, mindfulness, problem solving and meditation
- Healthy and Nutritious Lunch
- Exploration of Your Stress Type and daily tension Taming Tools
- Afternoon Restorative & Yin Yoga Class - Release tension for the Lower Back and Hips, whilst soothing the Central Nervous System and promoting a sense of inner calm
- Finish with a Yoga Nidra - a guided experience of deep rest aka Yogic Sleep
- A day retreat is the perfect chance to get away and make the most of some precious 'me time'. Come and escape with Gemma on this all inclusive day retreat for £85pp.

The Venue:

Wisdom House, in Romsey is a stunning retreat venue just 15 mins from Southampton. The venue has its own parking and is very easy to find, by following the address The Abbey, Romsey, Hampshire SO51 8EL. Drive in through the entrance and you'll find parking straight ahead.