



Awaken Your Energy Balance & Harmonise Body, Mind & Soul

**Soul Retreats – Day Retreat
18th May 2019, 10am – 4pm
Wisdom House, Romsey, Southampton
Price £85**

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 Natalia Raccani & Magda Moszynska. This will be a wonderfully energising day retreat with a focus on awakening the body, uplifting the soul and igniting the fires within.

What to Expect:

To feel light yet strong in our practise it really makes a difference to understand the alignment of rooting down to rise up. This day retreat will leave you feeling balanced and ready for the transformation of Spring.

- An enlivening and invigorating yoga practise to connect you with your vital life sustaining energy.
- Guided Labyrinth walk and meditation workshop.
- Soothing and nourishing afternoon yoga practice to recharge your batteries
- Wholesome lunch to liven up the digestive system and support clean living through nutrition.
- 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:

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.