



Detox Day Retreat Balance & Harmonise Body, Mind & Soul

Soul Retreats – Day Retreat
30th March 2019, 10am – 4pm
Wisdom House, Romsey, Southampton
£85 All Inclusive

Give yourself a treat . . . book a day retreat at the gorgeous Wisdom House, Southampton, with Soul Retreats, founded by Laura Green and taught by Natalia Raccani & Magda Moszynska. This will be a wonderfully relaxing day retreat with a focus on detoxifying both body and mind as we get away from the stresses of modern life.

What to Expect:

- Energising Yoga class focusing how yoga works with the bodies systems to boost the removal of toxins through powerful twisting yoga poses.
- Relaxing Yoga class, including yin yoga and yoga nidra
- A meditation workshop and an Introduction to Ayurveda to support us in detoxifying the mind from stress and negative thoughts.
- 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:

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.