



Soul Retreats – Day Retreat 27th July 2019, 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 divine indulgence on a journey to bliss filled with the most heavenly of treats taught by Laura Green.

What to Expect:

- Energising Vinyasa Yoga class exploring the Subtle Energy Body as a path to inner stillness
- Relaxing Restorative and Yin Yoga class,
- Introduction to Meditation Workshop
- Silent Forest Walk
- Thai Yoga Massage Workshop – Learn a short sequence to share with family and friends
- 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 for £85pp.

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) and then either post a cheque to secure your spot or contact Laura for BACS details if you prefer to do things online.