



23 FEBRUARY 2019
**LIVING YOUR
YOGA
DAY RETREAT**
ROWNHAMS HOUSE

Living Your Yoga ~ Day Retreat for Experienced Yogis 23rd February 2019, 9.30am – 4.30pm Rownhams House, Rownhams, 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 is for experienced yogis (9 months+ yoga practice) to explore all things yoga, delve into subtle techniques, refine your asanas and learn how to build a home yoga practice and sequence postures

What to Expect:

- 2 hour Fluid Vinyasa Yoga session
- Meditation Workshop
- Designing a Home Yoga Practice Workshop, looking at sequencing and posture selection
- Posture Clinic: Breaking Down Alignment and Refining Technique for key asanas
- Relaxing Afternoon Yoga session with Restorative Yoga, Yin Yoga & Yoga Nidra
- Delicious and Nutritious home cooked 2 course lunch.

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:

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.



www.lauragreenyoga.co.uk