

One Day Yoga Retreats

At Laurel Park in Rural Lincolnshire

Sunday 11th June 2023

Sunday 9th July 2023

Sunday 13th August 2023



Total Investment: £45

Restore and enhance your wellbeing with a day of yoga, meditation and nature. Learn to listen to your inner wisdom, practice acceptance and gratitude, and establish a sense of balance and connection with yourself and others.

Retreat Dates (2023):

Sunday 11th June

Sunday 9th July

Sunday 13th Aug

Yoga for Stress Management

Living the principle of Ahimsa: Non-harming

Integrating Pranayama in Practice

Event Schedule:

10:00 – 10.30

Introduction to the theme

10:30 – 12:00

Hatha and meditation

12:00 – 13:00

Lunch (bring your own)

13:00 – 14:00

Yoga inspired activity e.g. journaling

14:00 – 15:00

Yin yoga / restorative yoga

14:00 – 15:00

Yoga nidra/deep relaxation

15:30 – 16:00

Time for reflections and intentions

What to Bring:

- Your own yoga mat, a blanket (or two), and any other yoga props
- A pen/pencil and paper/notebook
- A packed lunch of your choice
- Something to drink, in a bottle or flask with a secure lid
- Layers of clothing, to ensure comfort whatever the weather
- Anything else that might enhance your day

All attendees will be provided with a copy of the Yoga Barn Guidelines, to ensure health and safety, in addition to a Yoga Registration Form to be completed and returned in advance of practice.

Attendees are welcome to stay onsite after 16:00, to relax, meet the animals or socialise with each other.

Please feel free to contact us if you have questions or would like to book.

W: www.laurelparkcampsite.co.uk

E: info@laurelparkcampsite.co.uk

T: 07790 296737

Please review our full terms and conditions before booking.

