

One Day Yoga Retreats

At Laurel Park in Rural Lincolnshire

Sunday 14th July 2024

Sunday 11th August 2024

Total Investment: £50



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

Retreat Dates (2024):

Sunday 14th July
Sunday 11th Aug

Trauma Informed Yoga Practices
Exploring the Principles of Karma

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

Attendees are asked to complete a Yoga Registration Form in advance, to ensure a supportive and personalised 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.

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E: info@laurelparkcampsite.co.uk
T: 07790 296737

Please review our full terms and conditions before booking.

