

10AM-5PM £99 PER PERSON

One Day Retreat: Forest Bathing, Yoga & Immersive Sound Bath



Who is this retreat for?

Escape the hustle and bustle and take some time to deeply rest among the trees and fields.

No experience of Yoga needed!



Email: myashramyoga@gmail.com

Book: www.myashramyoga.com Tracy 07751496291