

6.30pm-8.30pm

Evening Retreat: Movement, Meditation & Sound Bath



Gentle Movement

A slow, nourishing practice to settle the body and quiet the mind
This session is an invitation to soften rather than strive -

- to release physical tension and help you arrive fully in your body.
- supporting circulation, joint mobility, and a sense of ease without effort or force.

Meditation

A guided meditation where attention is gently drawn to the breath and inner sensations, helping the mind soften and the nervous system shift into a calmer state.

How Can a Sound Bath help you?

- Physical tension or pain?
- Stressed, overwhelmed, low or burned out?
- Grief?
- Anxiety you can't quite name?

You don't need the words.

Sound work bypasses language and allows access to the subconscious, where real shifts often happen without explanation.

Just lie back and receive.



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