

Yoga & Mindfulness Summer Retreat

**Friday 12th - Sunday 14th June 2020
at West Lexham Manor in Norfolk**

FRIDAY 12th June

Arrival between 2-4pm

- 4pm Welcome talk.
- 5pm Yang and Yin Yoga class together with Mindfulness Meditation.
- 7:30pm Dinner

SATURDAY 13th June

- 8am Flow Yoga with focus on the fundamentals of building a posture through strength, alignment and integrity.
- 10am Brunch, then free time to read, walk, swim or relax.
- 2:30pm Lunch and free time
- 5:00pm Yin Yoga practice with Mindfulness and Meditation.
- 7:30pm Dinner

SUNDAY 14th June

- 8am Light Breakfast
- 9am Extended Flow Yoga with Yin and Mindfulness Meditation
- 1pm Lunch
- 2pm Departure.

All enquiries and bookings to be made through Paula on 07748375922 or
paula@wellbeing-warehouse.com