

Yoga Day Retreat - Letting Go & Embracing The New

Sunday 4th July

9am – 5pm

Insole Court, Cardiff

I am really excited to offer you a Yoga Day Retreat set in the beautiful Grade II listed mansion, Insole Court in Llandaff, Cardiff this July.

This will be a relaxing, healing and rejuvenating day with:

- ♥ two yoga classes
- ♥ guided relaxations and pranayama (breathing) practices
- ♥ freshly prepared lunch and snacks from the wonderful Edwina O'Clark
- ♥ a yogic wellbeing talk
- ♥ a countryside walk
- ♥ a creative session
- ♥ and lots more.....

To leave you feeling healthy, inspired, revitalised and refreshed.

This is a small intimate day for just 12 people so booking is essential.

Cost for the whole day and all food: £125 p/p

To book your space please [click here](#) and if you have any questions please do not hesitate to [get in touch](#).

I really hope you'll be able to join me and our lovely community for what promises to be an uplifting, healing and relaxing day this July.

With loving kindness,

Lucy

