

# YOGA AND SOUND RETREATS

Sat 10th Jan 10:30am - 5pm or Sat 2nd May 10:30am - 4:30pm  
a treat for body and mind

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- \* Mindful Craft or Self Applied Facial
  - \* Gentle Yoga or Chair Yoga
  - \* Breathwork & Somatics
  - \* Nutricious Lunch
  - \* Medieval Maze Walk
  - \* Yoga Nidra Meditation
  - \* Sound Bath

Treat yourself or someone special to a relaxing immersion into yoga & sound in the beautiful village of Wing, near Rutland water. Enjoy time to unwind, explore & restore harmony to your body & mind.

£98 Deposit £30.

Split payment & gift vouchers also available



*Sunshine*

and light.co.uk

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9 years of experience  
teaching yoga & 7 years  
of leading sound baths  
45 five-star google  
reviews

## Your day includes:

- **Welcome pastries:** Enjoy freshly baked treats on arrival
- **Mindful craft (Jan only) or a relaxing self applied guided TempleSpa facial (May only):** Gentle, creative self-care
- **Gentle yoga:** A calming Hatha yoga session for all levels, promoting peace, reflection, & focus. Chair option available
- **Somatics:** Explore slow, mindful movements to deepen body & psychological awareness
- **Breathwork:** Enjoy & learn breathing techniques to calm and centre yourself, silencing mental chatter
- **Lunch:** Delicious & healthy with vegan gluten-free & vegetarian options
- **Mindful walk:** We'll take a peaceful nature walk to connect & reflect, visiting the medieval maze



“ The day was calming, welcoming & deeply restorative – exactly what I needed. You could really feel the love & intention behind everything. The time & care they dedicated to the space & the experience were just fab. Each activity was thoughtfully led & complemented the others perfectly. I left feeling lighter, more connected, & truly grateful. Thank you, for creating such a special space ”

Bharvi

- **Sound bath & yoga nidra meditation:** Guided deep rest to end your day in total relaxation. My instruments, including crystal bowls, drum & gongs, are played around and over the body so you can feel the effects of the healing vibrations