

SPRING CLEAN YOGA RETREAT DAY



SATURDAY APRIL 5TH
10AM 'TIL 4PM

WITH HAYLEY FROM

Embrace
Yoga

@ The Orangery Suite, Merely Ouse Lane
Wimborne, Dorset, BH21 3AA.

£35 for the whole day, includes...

- STRONG YOGA PRACTICE • RAW JUICE & NOURISHING SOUP
- WALKING MEDITATION IN A BEAUTIFUL SECLUDED GARDEN
- DETOX + YOGA DIET TALK - giving you the knowledge and confidence to create your own detox program
- CLEANSING AND BREATHING PRACTICES TO REVITALISE YOU
- DEEP RELAXATION TECHNIQUES

Limited space, call: 07778 065 659 now to book yours!