

ENERGISE & RESET ONE DAY YOGA RETREAT - ITINERARY
Hambleden Village Hall, Hambleden, Henley-on-Thames, Oxon. RG9 6RP

Saturday 7 November 2020
10am to 5pm

Welcome refreshments and power bar available on arrival



10.00 – Morning Breath and Stretch Exercise

10.30 - Strength and Stretch Flow Yoga (slow/medium pace)
suitable for mixed ability students

11.45 - Break for Liquid Refreshments

12.00 - Sound Healing/Gong Bath

13.00 - Lunch at the Stag and Huntsman Pub in Hambleden

14.00 - Scenic Countryside/Woodland Walk

15.30 - Restorative Yoga

16.30 - Yoga Nidra

17.00 End

