



# Self-Care Day Retreat

28th November 2020

**10am-15:00pm**

The Earthbeat Centre, Saltburn

**£45** to be paid in advance

Only 10 places available and first come first serve

Join me this Winter for a restorative day of self-care; time to yourself to relax and nourish yourself at this time of year.

## The day will include:

3 Restorative and Yin Yoga classes to soothe and restore

Readings from Yoga Philosophy throughout

A light nourishing vegetarian/vegan lunch in the 'Shanti' cafe

Essential oils to aid relaxation

A mini back, neck and shoulder massage at the end of the day



To book, contact Emma on 07762 519068  
or email [emmaliveyoga@gmail.com](mailto:emmaliveyoga@gmail.com)

EmmaLiveYoga

FREE YOUTUBE CLASSES



**28th November 2020**

**10am-15:00pm**

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## **Schedule**

10am	Welcome and Introduction
10:15-11:15am	Morning Hatha Yoga & Pranayama
	Break
11:30am-12:30pm	Restorative Yoga
12:30-13:30pm	Light Lunch in the 'Shanti' cafe
13:30-14:50pm	Yin Yoga, Mini massage
14:50-15:00pm	Self reflection on Self care
	Farewells

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