

Winter Wellness to Boost Immunity Day Retreat

Saturday 23rd Jan 2021

The Yoga, Meditation and Therapy Space
The Earthbeat Centre, Saltburn

10am-3pm

£45 (Booked and paid for in advance)

This time of year can be challenging with its short cold days and desire for hibernation.

Why not surrender to the natural seasonal urge to rest and recuperate by joining me for a day of nourishing and restful self care.

The day will include:

- ⇒ **2 Restorative Yin Yoga classes**
- ⇒ **Yoga Nidra and Relaxation**
- ⇒ **The teachings of traditional Chinese Medicine in relation to the season of Winter and our wellbeing**
- ⇒ **A light vegetarian lunch in the 'Shanti' cafe**
- ⇒ **A mini-back, neck and shoulder massage at the end of the day**
- ⇒ **Essential oils to aid relaxation**

To book, contact Emma on 07762 519068
or email emmaliveyoga@gmail.com