



Connection to Self



Yoga Retreat Day

14 February 2021

~ Easton Village Hall, near Winchester ~

10:00-10:10	Introduction	Outline of the day and 'Work your Light' group card reading
10:10-11:30	Valentine Vinyasa Yoga	A creative and fluid sequence of postures, where your body will ebb and flow with your rhythmic breath, intertwined with positive self-love affirmations and loving self-massage
11:30-12:00	Tea, cake and sacred journaling	Relax with a slice of delicious home-made cake, a mug of tea and some prompts for (optional) sacred journaling to self
12:00-13:15	Walk in Self-Love	Silent loop walk through quaint village – connect with yourself as we pause at the River Itchen
13:15-14:00	Date Lunch with Yourself	Find a quiet spot for your delicious home-cooked veggie lunch date, and enjoy mindful eating with the best company in the world: yourself!
14:00-14:30	Explorative coaching session	A short but powerful exercise that helps you explore 'who you are' and what you like about yourself
14:30-16:00	Melting Heart Yin Yoga	A deeply relaxing and meditative yin yoga class, intertwined with breathing exercises that explore unconditional self-love, where we will work on melting the heart space and surrendering into your ability to love yourself

“Our lack of self-love is the core of almost all our problems.

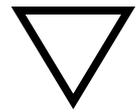
It is the root of all our neurosis. It is the root of our relationship problems.

It is the root of settling for a life of bread and cheese rather than inviting ourselves to the banquet.”

Gill Edwards in Wild Love



Connection to Others



Yoga Retreat Day

14 March 2021

~ Easton Village Hall, near Winchester ~

10:00-10:10	Introduction	Outline of the day and 'Angel and Ancestor' group card reading
10:10-11:30	Speaking your Truth Vinyasa Flow Yoga	Through creative and fluid sequencing, you will flow through a series of postures, intertwined with positive affirmations, to help you open your throat chakra to stimulate clear, authentic and honest communication with others
11:30-12:00	Tea, cake and gratitude letter	Relax with a slice of delicious home-made cake, a mug of tea and an opportunity to write a thank you card to someone you take for granted (gratitude cards provided)
12:00-13:15	Walk in empathy and compassion	Silent loop walk crossing the beautiful River Itchen with meditative prompts focussing on empathy and compassion for other human beings
13:15-14:00	Lunch	Delicious home-cooked veggie lunch
14:00-14:30	Deep listening exercise	A short but powerful exercise that involves listening – and being listened to – from a deeply receptive, generous, supportive, trusting and compassionate place
14:30-16:00	Loving Kindness Yin Yoga	A deeply relaxing and meditative yin yoga class designed to help you manifest healthy relationships – through breath work, long-held postures and poetry, you will focus on loving kindness towards other human beings

“Even after all this time the sun never says to the earth, ‘You owe me.’
Look what happens with a love like that.
It lights the whole sky.”

Poet Hafiz (Persian Poet)



Connection to Animals



Yoga Retreat Day

11 April 2021

~ Easton Village Hall, near Winchester ~

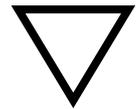
10:00-10:10	Introduction	Outline of the day and 'Archangel Animal' group card reading
10:10-11:30	Animal Vinyasa Flow Yoga	A creative and fluid sequence of postures inspired by animals (e.g. cat, cow, dog, lizard, horse), where your body will ebb and flow with your rhythmic breath, intertwined with positive animal-themed affirmations and poetry
11:30-12:00	Tea, cake and spirit animal card	Relax with a slice of delicious home-made cake, a mug of tea and an opportunity to pick a spirit animal of your own
12:00-13:15	Mindful Animal Walk	Silent loop walk crossing the beautiful River Itchen with meditative prompts to imitate the acceptance, mindfulness and peace of animals that we encounter (e.g. cows, swans, birds, dogs)
13:15-14:00	Lunch and furry guest appearances	Delicious home-cooked (animal-free) lunch with opportunity to hang out with a very famous cat (@diplomog) and a gorgeous sprocker puppy
14:00-14:30	Be a voice for the voiceless: Creative Writing Exercise	A short but powerful exercise exploring the idea that animals need our voices to tell their story – involves imagining yourself as an animal, and then free writing from the voice of that animal
14:30-16:00	Animal Yin Yoga	A deeply relaxing and meditative yin yoga class designed to help you access the mystical magic of animal wisdom – ending with a meditation to hold a protective space for all the animals in need of our love and support

“We can judge the heart of a man
by his treatment of animals.”

Immanuel Kant (1724-1804)



Connection to Mother Nature



Yoga Retreat Day

16 May 2021

~ Easton Village Hall, near Winchester ~

10:00-10:10	Introduction	Outline of the day and 'Wisdom of the Hidden Realms' group card reading
10:10-11:30	Soulful Tree Vinyasa Yoga	A creative and fluid sequence of postures focusing on our soulful connection to trees – where we will tap into the energy and wisdom from native trees such as oaks, yew and hazel
11:30-12:00	Tea break	Relax with a slice of delicious home-made cake and a lovely warm mug of tea
12:00-13:30	Mindful Walk and Picnic by River (outside)	Silent walk to beautiful sleeping tree on edge of peaceful River Itchen where we will mindfully eat our home-made packed lunches (these will include various local fruits from the earth)
13:30-14:30	Nature Adventures (outside)	Participate in several exercises to connect deeply to Mother Nature's creations, including tree identification, 'seeing nature for the first time', and writing a love letter to nature
14:30-16:00	Earth Energy Yin Yoga	A deeply relaxing and meditative yin yoga class focusing on grounding to the earth and the abundance of the Great Mother, enabling you to connect deeply to the land and to your roots

"To be whole. To be complete.

Wildness reminds us what it is to be human, what we are connected to rather than what we are separate from."

Terry Tempest Williams