

SUMMER YOGA RETREAT IN THE FOREST OF DEAN

22ND – 25TH JULY 2021

What's included: 6 nurturing yoga lessons in a beautiful studio with stunning views across the forest,

3 nights accommodation,

A feast of delicious home cooked (mostly home grown) food, tea/coffee and water from the local spring.

Optional workshops, meditations, woodland walks, comfy sofas, and big starry nights around the fire.

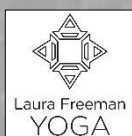


the Yoga: The vibe is nurturing. All are welcome. Laura teaches a kind, inclusive Hatha based Yoga practice. This retreat group will be kept small so Laura can tailor the practice to you individually. You will also have the opportunity to learn/practice traditional kriyas, meditations and pranayama.

the Accommodation: Simple, clean and lovely. The Asha Centre is home to a grand Georgian House complete with library, dining room and sitting room with open fire, plus accommodation in the converted out buildings. Most rooms are en-suite and all are situated amongst the beautiful orchards and landscaped gardens.



how to book: Visit Laurafreemanyoga.co.uk for more information on this and other Retreats, or email lffy@laurafreemanyoga.co.uk to book you place. Numbers are strictly limited to maintain a covid safe environment. If the government guidelines prevent this retreat from taking place a full refund is offered.



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Shared room £480pp

Single room £550pp