


Autumn Yoga Retreat

13th – 15th October 2017

Howfield Manor Country Hotel nr Canterbury

From £330 per person

Includes:

- 2 nights ensuite accommodation
- 4 yoga sessions with a choice of gentle or dynamic practices to suit all levels
- Silent morning walk
- Bedtime yoga nidra
- Soundbath 
- All meals and light refreshments

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*"It was brilliant - the venue,
food and yoga were all
excellent and I thoroughly
enjoyed it! Thank you."
2016 Retreat Feedback*

