

# Yoga retreat day - 17<sup>th</sup> November 2019



Fi Channon  
**Yoga** 

**Jubilee Hall, Hartley Wintney, RG27 8NS**

## Your One Day Retreat Includes:

- Two yoga sessions
- Meditation practice
- Tibetan bowl sound healing & relaxation session
- Wonderful healthy, delicious lunch
- All equipment provided
- More details to follow

Qualified yoga teachers Sue Louise and Fi Channon look forward to welcoming you!

We are offering you the chance to experience a day's retreat taking some precious "me" time before the festive season kicks in. It's the perfect opportunity to escape busy lives and replenish and rejuvenate your spirit with yoga, music, meditation and the magic of the Tibetan Singing bowls accompanied by Fi's voice.

Suitable for all levels from beginners to more experienced yogis, join this get-away-from-it-all mini retreat in the Jubilee Hall in the beautiful village of Hartley Wintney in Hampshire.

Investment in you: £80 (Places limited - so book now)

Please email [suelouiseyoga@gmail.com](mailto:suelouiseyoga@gmail.com) to reserve your place, payment must be made at time of booking to guarantee your place.

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