

Yoga Wellbeing Day

Saturday 16 May 2020 | Kimpton, Herts



Alex

Alex Taylor has been a yoga teacher for 10 years, with experience in teaching gentle Hatha Yoga, as well as invigorating Vinyasa Flow classes. She has a particular interest in linking movement with breath, and believes the breath is key to opening up the body to release tension and allowing the mind to be clearer and less consumed with busy thoughts. In recent years, she has developed courses in Fertility Yoga, helping individuals and couples on their fertility journey.



Dawn

Dawn Stockdale, founder of Nirvana and based in Wheathampstead has trained with CACI and ESPA and gained her experience working at the 5 star hotel, The Luton Hoo Spa. The approach is to offer a full range of luxury beauty and holistic treatments which leave you feeling relaxed and looking radiant.

nirvanaholisticbeauty.co.uk



Victoria

One of the UK's leading Holistic consultants, and owner of Indigo Holistics, Victoria enables people to introduce a variety of therapies into their everyday lives, focusing on inner energies and meditation. When faced with challenges in life, some unexpected, her work allows deep healing to take place and as a result of her expertise and experience creates a safe environment to transition through any challenge with ease.

<https://indigo-holistics.co.uk>

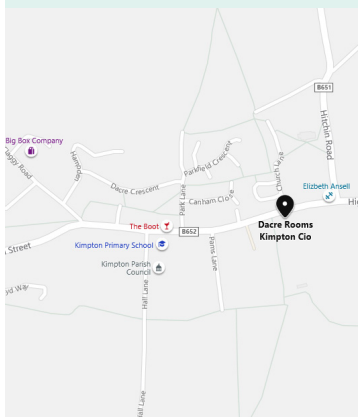
breathe
relax
let go...



The Day

09:00	Arrival
09:30	Chakra healing talk and Q&A session with Victoria
10:30	Vinyasa Flow energising yoga with Alex
12:00	Lunch, walks, ESPA hot stone massage with Dawn from Nirvana
15:30	Relax, restore and let go with some gentle yoga and deep relaxation with Alex
17:00	End of the Wellbeing Day

Lunch is included. Delicious snacks, herbal tea and water are provided throughout the day.



Venue

The day will be held in a beautiful studio at

Dacre Rooms High Street, Kimpton, Hitchin SG4 8RA

There is ample free parking on the High Street

All you need to bring is a yoga mat, a blanket for relaxation at the end and wear loose comfortable clothing. I will supply lavender infused eye mask to cover your eyes at the end of each session which will aid deeper relaxation.

Details

Total cost for the Wellbeing Day is £110 per person (all of the above is included in the price.)

To secure your place, please contact Alex on aless1978@breathe.com for payment details.

Please also advise if you have any dietary requirements or any injuries I should be aware of.

I hope you can join us for this special day and allow yourself some time out. Wellbeing in this busy world is more crucial than ever.

Namaste

Alex