

 **Learn**
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NEW YEAR'S EVE MINI RETREAT

Restorative Reset for 2026:

A cosy yoga event designed to gently welcome in the new year with compassion, acceptance & self-care.

Come along with loved ones, or enjoy some much deserved 'me time'. Suitable for all yoga abilities, including beginners. The evening includes:

- Embodied somatic check-in
- Compassionate reflections
- Guided somatic movement
- Gentle yin yoga
- Pranayama
- Restorative yoga
- iRest Yoga Nidra
- Sacred sounds
- Bedtime tea or hot chocolate to welcome in the New Year with like-minded people

Time: 21:00 – 00:15am

Investment: £40 (Including hot drinks)

www.learnlivegive.co.uk