



Personal Investment: £35

Half Day Mini Retreats

Various dates, from 10:00 until 13:00
The Yoga Barn, Laurel Park Campsite, Gedney, PE12 0DJ

Mixed ability 3-hour yoga events, combining hatha-flow, somatic movement, yin yoga, restorative yoga, breathing practices, guided meditation/Yoga Nidra. Followed by tea and a sweet-treats (supplied by us).

Half Day Retreats in 2025

January: Thursday 2nd	July: Saturday 26th
February: Thursday 27th	August: Thursday 28th
March: Saturday 1st	August: Saturday 30th
March: Thursday 27th	September: Thursday 25th
March: Saturday 29th	September: Saturday 27th
April: Thursday 24th	October: Thursday 30th
May: Thursday 29th	November: Saturday 1st
May: Saturday 31st	November: Thursday 27th
June: Thursday 26th	December: Thursday 18th
July: Thursday 24th	December: Saturday 20th

Event Schedule:

10:00-11:15	Somatic movement / slow flow hatha
11:15-12:00	Yin, moving towards restorative yoga
12:00-12:30	Guided meditation/Yoga Nidra
12:30-13:00	Unravel with tea and sweet treats

What to Bring:

- A yoga mat, blanket, and any other yoga props you'd like, though you're also welcome to use the venues' props, if preferred

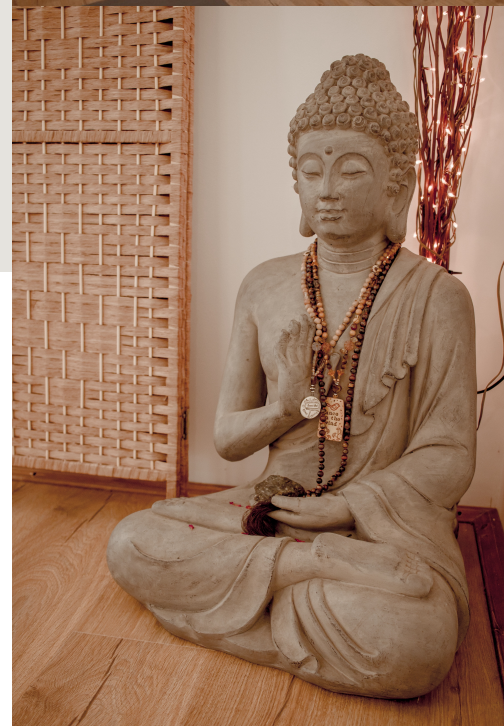
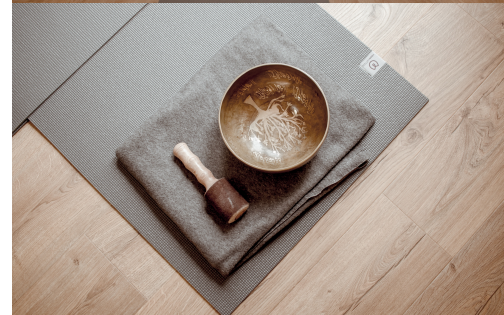
Book Direct At:
bookwhen.com/lfg

Please feel free to contact us if you have any questions.

E: info@learnlivegive.co.uk

By booking, you agree to our full terms and conditions at:

www.learnlivegive.co.uk/tandc.html



About The Venue

The Yoga Barn is a purpose-built yoga studio, set within 3 acres of private land, surrounded by trees. The venue is peaceful, tranquil and ideal for yoga retreats.

There is ample parking on gravel hardstanding within a few metres of the Barn, and additional overflow parking on grass. Toilet facilities, and both indoor and outdoor seating can also be utilised by guests.

About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga, somatic movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra, somatic movement and meditation. She also likes to incorporate breathing practices, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in somatic coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience running a yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.

As a wife and mother of two, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities.



Further Information

In addition to monthly half-day mini retreats, Learn Live Give also offer regular sound bath events, one-day retreats, UK based three-day retreats and a variety of short-haul and long-haul international retreats (to places such as India, Sri Lanka, Costa Rica, Morocco and Spain).

Looking ahead, Learn Live Give plan to:

- Host regular podcasts promoting the benefits of yoga philosophies and practices;
- Provide free online meditations and courses that benefit mental and physical health;
- Explore various creative projects, including painted artwork, books, and jewellery;
- Develop a six-month women's coaching group, based on somatic movement, yoga and life coaching.