



Personal Investment: £35

# Half Day Mini Retreats

Various dates, from 09:30 until 12:30  
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 2026

January:	Saturday 17 <sup>th</sup>	July:	Saturday 25 <sup>th</sup>
February:	Saturday 21 <sup>st</sup>	August:	Saturday 22 <sup>nd</sup>
March:	Saturday 21 <sup>st</sup>	September:	Saturday 26 <sup>th</sup>
April:	Saturday 25 <sup>th</sup>	October:	Saturday 24 <sup>th</sup>
May:	Saturday 23 <sup>rd</sup>	November:	Saturday 21 <sup>st</sup>
June:	Saturday 20 <sup>th</sup>	December:	Saturday 19 <sup>th</sup>

## Event Schedule:

Start Time:	9:30am	Finish:	12:30
1hr 15 mins	Somatic movement / slow flow hatha		
45 mins	Yin, moving towards restorative yoga		
30 mins	Guided meditation/Yoga Nidra		
30 mins	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 our props, if preferred

**Book Direct At:**

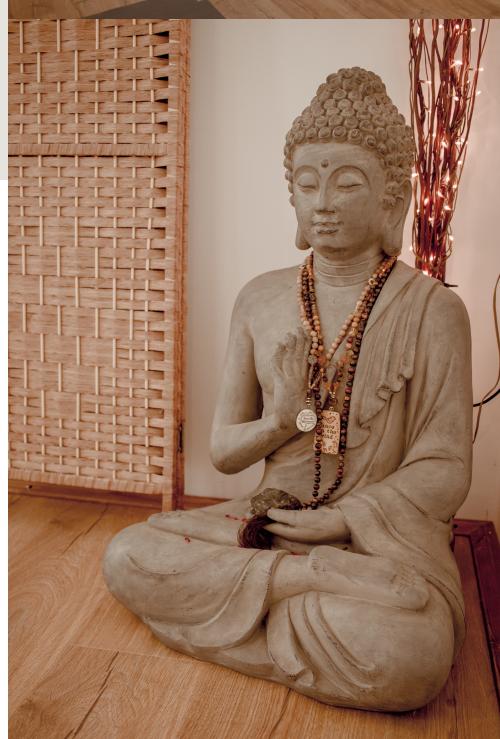
[bookwhen.com/llg](http://bookwhen.com/llg)

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

E: [info@learnlivegive.co.uk](mailto:info@learnlivegive.co.uk)

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

[www.learnlivegive.co.uk/tandc.html](http://www.learnlivegive.co.uk/tandc.html)



# About The Venue

The Yoga Barn is a purpose-built studio set within three acres of private grassland, surrounded by trees. Hand-built by Emma and her husband, the venue offers a peaceful and tranquil setting ideal for yoga and holistic wellbeing practices.

Guests can enjoy ample parking on gravel hardstanding just metres from the entrance, with additional overflow parking available. Toilet facilities and both indoor and outdoor seating areas are provided throughout the site for guests to enjoy.

Please also note: We hire the entire site to yoga teachers and holistic practitioners as a retreat venue, providing an inspiring space for workshops, retreats, and immersive experiences. If you would be interested in more information about hosting a retreat at The Yoga Barn / Laurel Park Retreat Centre, please visit: [www.lpretreatcentre.co.uk](http://www.lpretreatcentre.co.uk)

## About Your Teacher - Emma Bacon

Emma is a dedicated yoga teacher who guides students toward personal balance and happiness through yoga, somatic movement, philosophy, and self-development practices. She welcomes everyone - all levels, ages, bodies, and backgrounds - creating an inclusive space where each person can explore their practice authentically.

Emma teaches Hatha, Slow Flow/Vinyasa, Yin, and Restorative Yoga, alongside iRest Yoga Nidra, somatic movement, and meditation. Her classes weave in breathwork, mudras, mantra, journaling, and the wisdom of yogic and Ayurvedic traditions, offering students a rich toolkit for self-discovery.

At the heart of Emma's teaching is personalization and empowerment. She encourages students to honour their individual needs and circumstances, trusting their own inner wisdom. She believes yoga strengthens the mind-body connection, cultivates self-compassion, and supports meaningful transformation.

Beyond her extensive yoga training, Emma brings qualifications in somatic coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She's also run a yoga studio and led retreats across the UK and internationally. Emma considers herself a lifelong student, continually learning through accredited courses, mentors, her students, travel, and diverse cultural experiences.

Passionate about making yoga philosophy accessible, Emma co-hosts a light-hearted educational podcast with her husband that's been running for over a year. The show explores yoga principles in a relatable way and has gained significant traction with listeners from all walks of life.

As a wife and mother of two, Emma understands firsthand the demands of modern life. She's found her own balance through yoga and mindfulness, and her greatest joy is sharing these tools with others - watching people step into their most authentic selves; open and curious to all that life offers.



## Further Information

In addition to monthly half-day mini retreats Learn Live Give offer three-day UK retreats at The Yoga Barn as well as 7 to 10-day international retreats to destinations including: India, Sri Lanka, Costa Rica, Morocco & Spain.

Emma and her husband also host a weekly podcast together, exploring yoga philosophy and timeless wisdom from other sources in a down-to-earth, light-hearted way. The intent is making self-improvement feel accessible and enjoyable to all - no matter where you are on your journey. Listeners from all walks of life tune in to discover practical insights they can introduce into everyday living, or simply to be entertained.