

Yoga Retreat Day 'Reflect and Restore'

Saturday 4th January 2025, from 10:00 until 16:00
Yoga Barn, Laurel Park, Gedney Broadgate, Lincs, PE12 0DJ

Give yourself a moment to reflect on the events of 2024; how have recent life experiences shaped you and what do you need in order to recharge and move forwards into 2025 with compassion, confidence and renewed energy.

Event Schedule:

- 10:00 – 10.30 Introduction to the theme
- 10:30 – 12:00 Yoga practice, breathing techniques and meditation
- 12:00 – 13:00 Lunch (bring your own, so we can keep prices low)
- 13:00 – 14:00 Reflective activity, such as journaling
- 14:00 – 15:00 Somatic movement, yin yoga and restorative yoga
- 15:00 – 15:45 Yoga nidra/guided meditation
- 15:45 – 16:00 Time for reflections and intentions

What to Bring:

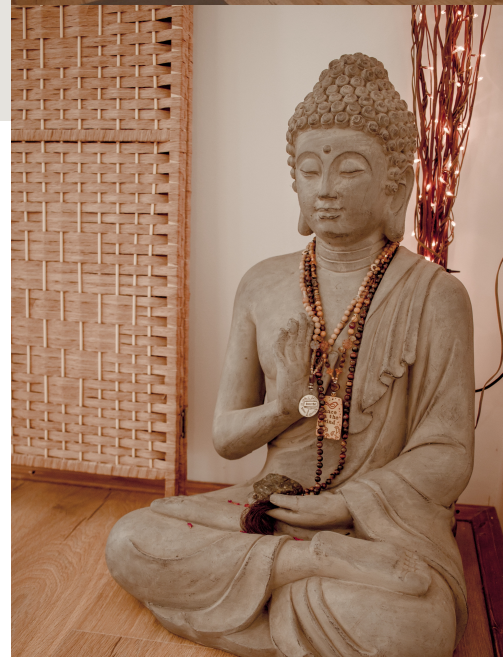
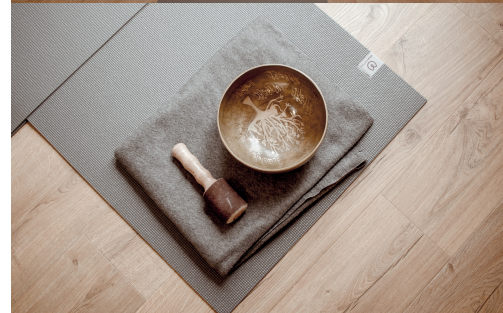
- A yoga mat, blanket, and any other yoga props you'd like, though you're also welcome to use ours, if preferred
- A notebook and pen
- A packed lunch

Water and herbal teas made available throughout the day.
Attendees are asked to complete a Yoga Registration Form in advance of practice, to ensure a supportive and personalised experience.

Book Direct At:
bookwhen.com/llg

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 one-day retreats, Learn Live Give also offer regular sound bath events, monthly half-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.

See www.learnlivegive.co.uk for more details.