



Personal Investment: £69

Yoga Retreat Day Self-care & Resilience

Sunday 7th September 2025, from 10:00 until 16:00

The Space Within, Manor Farm Business Park, Cranfield Road, Astwood, MK16 9JU

Embrace a day of self-care and relaxation – learn principles and practices that will help you to recognise and regulate emotions, reducing stress levels whilst building resilience and a trusted sense of inner calm.

Event Schedule:

- 10:00 – 10:30 Introduction to the theme, with a cuppa
- 10:30 – 12:00 Yoga practice, breathing techniques and meditation
- 12:00 – 13:00 Bring your own lunch (to save some pennies)
- 13:00 – 14:00 Reflective group activity linked to N.S regulation
- 14:00 – 15:00 Somatic movement, yin yoga and restorative yoga
- 15:00 – 15:45 Guided meditation
- 15:45 – 16:00 Time for reflections and intentions

What to Bring:

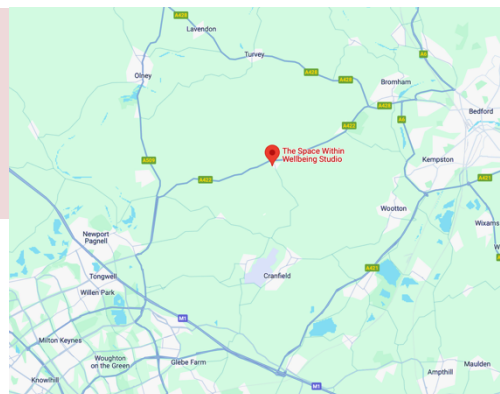
- A yoga mat, blanket, and any other yoga props you'd like, though you're also welcome to use the venues' props, if preferred
- Notebook and pen.

Water and herbal teas made available throughout the day.
Please inform us of any health concerns or considerations in advance of the day, so we can personalise your 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 Space Within Wellbeing Centre is situated at the Manor Farm Business Park. Nestled within the quiet and scenic village of Astood, near Bedford, Olney and Milton Keynes, it offers a calm, light and airy yoga space, with lots of cosy character, surrounded by nature.

The venue is set amongst a number of outbuildings with a generous parking area for vehicles. The wellbeing centre can be found on the right-hand side as you enter the car park – please look out for signage, directing you to the side entrance of the brick barn. See below more information.

For satnavs / google maps use: 1, Cranfield Road, Astwood, MK16 9JU (The walled entrance to Manor Farm Business Centre is just opposite this postcode).

If using What3words app:

Car park is: clipboard.fragment.earpiece – and the Studio entrance is at: digested.learning.roost

1. Turn into the walled entrance and up the driveway, past the house on the right.
2. Turn left into the car park and park up by the trees at the end (near to “Stable & Wild”).
3. The studio is at the opposite side of the car park, behind the house and to the right of a large grey shutter, Look for the purple sign on the brick building.
4. Take the path to the left alongside the building (there are planters and a bench towards the entrance) - the studio door is at the end on the right.

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.

