

Yoga and Mindfulness Weekend

Friday 16th October

Arrivals - from 3pm

Mindfulness Meditation - 7.30pm

Saturday 17th October

Mindful Movement on the beach / or inside if too cold - 8am

Yoga - 11.30am

Yoga and Mindfulness - 2.30pm

Mindfulness/ Relaxation - 7.30pm (optional)

Sunday 18th October

Mindful Movement on the beach / or inside if too cold - 8am

Yoga - 11.30am

Yoga - 2.30pm

Relaxation and goodbye - 4-5pm