

BEALTAINÉ YOGA & RITUAL MINI RETREAT

SUNDAY 11 MAY 2025 10:00-13:30



Join us as we celebrate the arrival of summer and the vibrant energy of Beltane, a time of joy, vitality, and playful spirit. This sacred workshop invites you to connect with the Earth's energy through somatic-based, embodied yoga to nurture your inner vitality. Plus, mudra, mantra, pranayama, Yoga Nidra and guided meditation, culminating in a ceremony, to honour this transformative time of abundance and rejuvenation.

THE STUDIO, BLACKHEATH COMPLEMENTARY HEALTH CENTRE
184/6 WESTCOMBE HILL SE3 7DH

£53. INCLUDING REFRESHMENTS. BOOKING ESSENTIAL.
CONTACT BERNADETTE info@peacefulpractice.co.uk