

SPRING EQUINOX

Wheel of the year Yoga



Sunday 22 March 2026 10:00-13:30

In the Northern Hemisphere, light is increasing, growth is now apparent, birdsong is more evident, milder weather is on the horizon.

This yoga event will harness these energies of emergence, to align with what is preparing to blossom and expand within us. Hopes, dreams and heart song.

Expect both chakra and elemental flowing sequences; gently energising pranayama; hasta mudras and mantra; guided visualisations and a seasonal yoga nidra as we commence the vital dance of creation. A simple ceremony will close the session, to give thanks for the rise and rebirth at Ostara.

Prebooking essential by 15 March 2026 £55 (incl. notes and refreshments)

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