

Yoga 🌀 Walking

Weekend Retreat in Snowdonia

14 – 16 Sep 2018

23 – 25 Nov 2018

2pm Fri – 2pm Sun



- Various Yoga Practices throughout weekend, moderate walking with stops at picturesque areas for Pranayama breathing and meditation
- Yoga Nidra and long guided relaxation with singing bowl meditation
- Talks about Yoga philosophy and chakras and other activities to connect to your spiritual and creative sides

Based at Snowdonia mountain resort Yr Ocar

12 sleeping places available:

- 8 places to practice yoga (£300)
- 4 places for walks and other activities without morning and afternoon yoga classes (£200)

Full information about timetable, food, and activities will be available at yrocar.com soon

Contact Julia Doctoryoga on 07838681736

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yrocar.com