

# Yoga ॐ Walking

## Weekend Retreat in Snowdonia

17 – 19 May 2019

5 – 7 Jul 2019

13 – 15 Sep 2019

15 – 17 Nov 2019



3pm Fri – 2pm Sun

[vimeo.com/288993891](https://vimeo.com/288993891)

- 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)

**Contact Julia Doctoryoga on 07838681736**

**[doctoryoga.co.uk](http://doctoryoga.co.uk)**

**[yrocar.com](http://yrocar.com)**