

THE LETCHWORTH CENTRE FOR HEALTHY LIVING

Yoga Immersion Retreat

**Releasing Anxiety and Opening the Heart to the Four
Immeasurable Qualities of Buddhism**
with Sarah O'Connor, Senior BWY Teacher & Director of
Mindflow Yoga

Sunday, 15 July 9.30-21.00





The Retreat will cover all aspects of Yoga in more detail. Asana will be suitable for mixed ability, in-depth pranayama (breath control), Mantra, Meditation and Yoga Nidra to finish the evening session.

Cost: £95

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth,
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Established 1984

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Opening hours Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30