

# Yoga Retreat Day 'Cultivating Contentment'

**Sunday 27<sup>th</sup> April 2025, from 10:00 until 16:00**  
**The Roundhouse, Ashley Road, Market Harborough, LE16 8PL**

Curiously explore the benefits of a silent day retreat, cultivating an inner sense of acceptance and contentment, supported by a dedicated yoga teacher. The day will include mindfulness, somatic movement, gentle yoga & meditation.

## Event Schedule:

- 10:00 – 10:30 Introduction to the theme (talking permitted)
- 10:30 – 12:15 Guided yoga, pranayama and meditation (silent)
- 12:15 – 13:00 Buffet lunch and refreshments, provided by us (silent)
- 13:00 – 14:00 Mindful walking and journaling in nature (silent)
- 14:00 – 15:00 Somatic movement, yin yoga and poetry (silent)
- 15:00 – 15:30 Restorative yoga and meditation (silent)
- 15:30 – 16:00 Time for reflections (talking permitted)

## What to Bring:

- A yoga mat, blanket, and any other yoga props you'd like, though you're also welcome to use the venues' props, if preferred
- A notebook and pen
- Clothing suitable for walking in nature

Water and herbal teas made available throughout the day.  
Attendees will be sent / asked to complete a Yoga Registration form prior to the event, to ensure a supportive and personalised experience.

**Book Direct At:**  
[bookwhen.com/llg](http://bookwhen.com/llg)

**Please feel free to contact us if you have any questions.**

E: [info@learnlivegive.co.uk](mailto:info@learnlivegive.co.uk)

By booking, you agree to our full terms and conditions at:  
[www.learnlivegive.co.uk/tandc.html](http://www.learnlivegive.co.uk/tandc.html)



# About The Venue

The Roundhouse is nestled within rolling countryside, offering a haven of peace, tranquillity and relaxation. Set within ten acres of woodland, the Roundhouse, or 'rotunda', is a handcrafted, timber framed eco building, clad in beautiful, sustainably farmed British larch. A central circular room, with an impressive skylight, provides the ideal space for yoga and meditation. The wildflower sedum roof perfectly balances with the natural surroundings, and a large open-air veranda overlooks the surrounding grassland. The Roundhouse has a fully equipped kitchen, bathroom/shower facilities, outdoor electricity and ample off-road hardstanding parking.

## Further Info - Onsite Accommodation

Any students wanting to stay overnight can contact [info@roundhousehaven.co.uk](mailto:info@roundhousehaven.co.uk) to book an AirBnB room in the owner's neighbouring cottage. In addition, there is one double bedroom located within the roundhouse itself, and a 'tiny house' situated on the grassland near the surrounding trees, suitable for up to three people. With external electric sockets and a bathroom accessible from outside the building, the Roundhouse is also able to accommodate camping (in the form of tents or motorhomes).

Staying overnight on Saturday 26<sup>th</sup> April may be of particular interest to students wanting to attend both the Saturday 'Let Nature Nurture' Day Retreat AND the 'Cultivating Contentment' Silent Day Retreat on Sunday 27<sup>th</sup> April 2025.

## About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga, somatic movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra, somatic movement and meditation. She also likes to incorporate breathing practices, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in somatic coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience running a yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.

As a wife and mother of two, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities.

