

One-Day Yoga Retreats

At Laurel Park Yoga Barn – in rural Lincolnshire
Sunday 14th July & Sunday 11th August 2024

Restore and enhance your wellbeing with a day of yoga, meditation and nature. Learn to listen to your inner wisdom, whilst establishing a sense of balance and connection with yourself and others.

Retreat Dates for 2024:

- Sunday 14th July - Trauma Informed Yoga Practices
- Sunday 11th August - Exploring the Principles of Karma

Event Schedule:

- 10:00 – 10:30 Introduction to the theme
- 10:30 – 12:00 Hatha and meditation
- 12:00 – 13:00 Lunch (bring your own)
- 13:00 – 14:00 Yoga inspired activity e.g. journaling
- 14:00 – 15:00 Yin yoga / restorative yoga
- 15:00 – 15:45 Yoga nidra/deep relaxation
- 15:45 – 16:00 Time for reflections and intentions

What to Bring:

- Your own yoga mat, a blanket (or two), and any other yoga props
- A pen/pencil and paper/notebook
- A packed lunch of your choice
- Something to drink, in a bottle or flask with a secure lid
- Layers of clothing, to ensure comfort whatever the weather
- Anything else that might enhance your day

Attendees are asked to complete a Yoga Registration Form in advance, to ensure a supportive and personalised practice. Attendees are welcome to stay onsite after 16:00, to relax, meet the animals or socialise with each other.

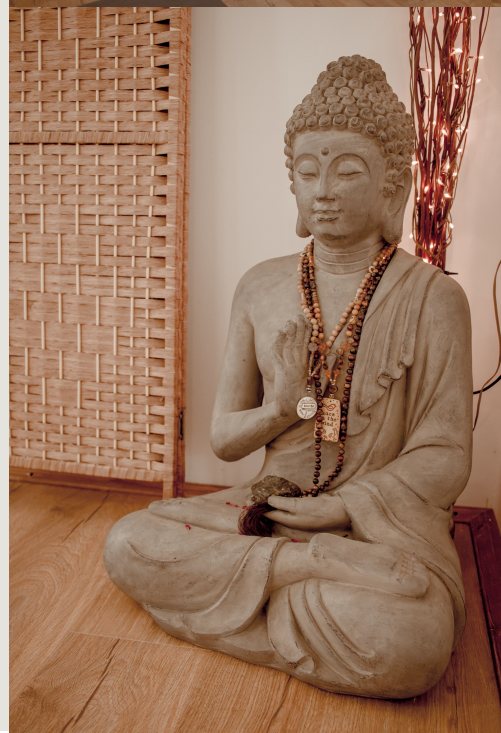
Please contact us if you have questions or would like to book.

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T: 07790 296737

Please review our full terms and conditions before booking.



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 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 and Meditation. She also likes to incorporate breathing practices/pranayama, 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 life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience in the leisure and hospitality industry running a well-being camp and glamp site, 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.

