



Personal Investment: £79

Yoga Retreat Day 'Self-Care Sunday'

Sunday 30th March 2025, from 10:00 until 16:00
The Granary, Manor Farm, Brogborough, MK43 0YD

Indulge in a day of self-care, considering how you're feeling, what you're needing, and how you can meet your needs in an empowered way. The retreat includes a variety of yoga styles, somatic movement and a delicious lunch.

Event Schedule:

- 10:00 – 10.30 Introduction to the theme
- 10:30 – 12:00 Yoga practice, breathing techniques and meditation
- 12:00 – 13:00 Delicious buffet lunch provided
- 13:00 – 14:00 Reflective group activity
- 14:00 – 15:00 Somatic movement, yin yoga and restorative yoga
- 15:00 – 15:45 Yoga nidra/guided meditation
- 15:45 – 16:00 Time for reflections and intentions

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
- Notebook and pen.

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:

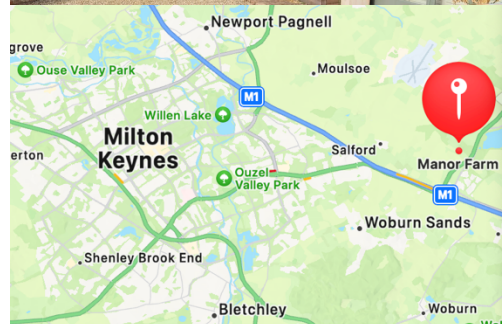
bookwhen.com/llg

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

E: info@learnlivegive.co.uk

By booking, you agree to our full terms and conditions at:

www.learnlivegive.co.uk/tandc.html



About The Venue

The Granary is a converted brick-built barn situated on the grounds of a 17th Century Manor House set on a working farm. It is very well situated down a quiet private country lane – just a mile or so from Junction 13 of M1 and equidistant from Milton Keynes and Bedford.

The Granary is set amongst a number of outbuildings with a generous separate parking area for vehicles. The grounds are peaceful and quiet.

Further Info – Onsite Accommodation

Any students wanting to stay overnight either before or after the day retreat can do so by contacting info@thegranarypage.co.uk. There are 5 bedrooms in the Granary (the same building as the yoga studio), 4 of which have en-suites, with the 5th bedroom having sole use of a bathroom. All rooms have either a double bed or a double and a single. Tea and coffee trays are provided along with TV with Freeview, DVD player & Radio/Alarm. A hairdryer and iron can be made available on request. Breakfast is not supplied, but all guests have access to the Granary's full kitchen, should they require it. Wireless Internet Connection is available throughout the building.

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.

