

# ½ Day and 1 Day Mini Retreats 2025

Mixed ability yoga events, combining hatha-flow, somatic movement, yin yoga, restorative yoga, breathing practices, yoga nidra and meditation.

## ½ Day Retreats:

10am-1pm. Held at the Yoga Barn in South Lincolnshire.

<b>January:</b>	Thursday 2 <sup>nd</sup>
<b>February:</b>	Thursday 27 <sup>th</sup>
<b>March:</b>	Saturday 1 <sup>st</sup> Thursday 27 <sup>th</sup> Saturday 29 <sup>th</sup>
<b>April:</b>	Thursday 24 <sup>th</sup>
<b>May:</b>	Thursday 29 <sup>th</sup> Saturday 31 <sup>st</sup>
<b>June:</b>	Thursday 26 <sup>th</sup>
<b>July:</b>	Thursday 24 <sup>th</sup> Saturday 26 <sup>th</sup>
<b>August:</b>	Thursday 28 <sup>th</sup> Saturday 30 <sup>th</sup>
<b>September:</b>	Thursday 25 <sup>th</sup> Saturday 27 <sup>th</sup>
<b>October:</b>	Thursday 30 <sup>th</sup>
<b>November:</b>	Saturday 1 <sup>st</sup> Thursday 27 <sup>th</sup>
<b>December:</b>	Thursday 18 <sup>th</sup> Saturday 20 <sup>th</sup>

## 1-Day Retreats:

10am-4pm, with lunch break.  
Held at locations specified.

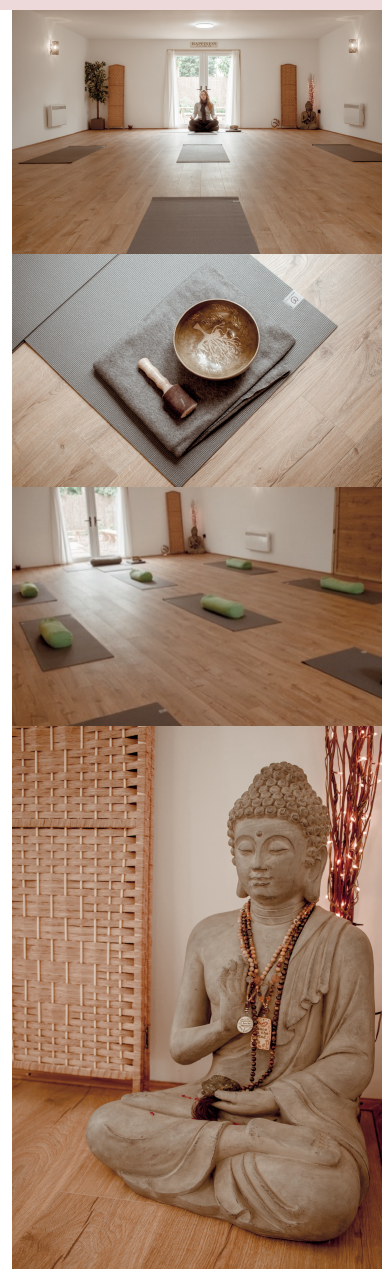
<b>January:</b>	Saturday 4 <sup>th</sup> (Yoga Barn, Lincs)
<b>March:</b>	Sunday 2 <sup>nd</sup> (Milton Keynes)
<b>April:</b>	Saturday 26 <sup>th</sup> Sunday 27 <sup>th</sup> (Silent retreat) (Market Harborough)
<b>June:</b>	Saturday 28 <sup>th</sup> (Location: TBC)
<b>August:</b>	Sunday 10 <sup>th</sup> - TBC (Yoga Barn, Lincs)
<b>September:</b>	Saturday 6 <sup>th</sup> Sunday 7 <sup>th</sup> (Silent retreat) (Milton Keynes)
<b>November:</b>	Saturday 29 <sup>th</sup> (Yoga Barn, Lincs)
<b>December:</b>	Tuesday 30 <sup>th</sup> - TBC (Yoga Barn, Lincs)

## ½ Day Schedule:

10:00 Somatic movement / slow flow hatha  
11:15 Yin, moving towards restorative yoga  
12:00 Guided meditation & yoga nidra  
12:30 Unravel with tea and treats  
13:00 Finish

## 1 Day Schedule:

10:00 Welcome and introduction to theme  
10:30 Somatic movement / slow flow hatha  
12:30 Lunch break  
13:30 Yoga inspired activity  
14:00 Yin, restorative yoga & meditation  
15:30 Closing reflections, tea and treats  
16:00 Finish



## Venues:

Most of our half and one-day retreats are held at The Yoga Barn, Laurel Park, Huntsgate, Gedney Broadgate, PE12 0DJ. But some will be held at the Roundhouse near Market Harborough or at venues near Milton Keynes. Please see [www.learnlivegive.co.uk](http://www.learnlivegive.co.uk) for more information.

## What to Bring:

- The Yoga Barn is a fully equipped studio, with mats and yoga props, though you're welcome to bring your own, if preferred. We will endeavour to ensure similar equipment is available at all other venues.
- Drinking water is made available, but please bring a bottle or flask with a secure lid.
- 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.

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

**W:** [www.learnlivegive.co.uk](http://www.learnlivegive.co.uk)

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

**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, 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.

