

Ground & Restore

An Autumn Afternoon Yoga Retreat

🍂 **Slow down • Let go • Recharge** 🍂

As autumn gives way to winter, take some time just for you before the festive rush begins.

An afternoon of seasonal yoga, calming breathwork and cosy relaxation, with warming drinks, homemade treats and deeply restorative Yoga Nidra.

Whether you're a regular on the mat or simply looking for a little time to yourself, you're warmly invited to join me.

Saturday 28th November
2pm–5pm

Merrylea Church
(Orchardlea)
Newlands, Glasgow

£35 per person



Limited places: booking essential.

Register by email to:

fee@yogabyfiona.co.uk

www.yogabyfiona.co.uk