

SHAMBALA HOLISTIC CENTRE

# Solstice Yoga Retreat

Take an afternoon away and come join us at Shambala for some relaxation & restoration. Starting the day off with Christina who will guide us through a flowing Dru Yoga class, followed by a relaxing Restorative Reiki Yoga class with Alasdair & Sukhada. A short lunch break will take us into a deeply relaxing Sound Bath with Andy.

23rd June - 11am to 3pm

£40/€45

Light Refreshments - £3/€4

Deposit Required To Secure Your Place

Contact Sukhada

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