

Summer Day Retreat: Heart Openings

Egham, England

Saturday; 10am-4pm (UK)

Jun 1st



With Angie Beadle

Expect meditation, journaling, yogic studies, heart opening asana practise, strengthening work and a long guided deep relaxation.

This is a chance for Angie to see her online students, adjust and correct in person as well as give guidance for online practise throughout the year.

There will be a chance for tea and a chat whilst we eat our packed lunches.

Please Bring; Warm Clothes, A Journal and Pen, Mala Beads for Mantra Practise, A Large Cushion or Bolster to sit on, An Eye Mask for Relaxation, A Willingness to Learn and Grow.

Price

£150

(please bring packed lunch)

To reserve your spot contact Tamara (tamara@angiebeadle.com) or Angie directly.

