



# AUTUMN EQUINOX

## ~ DAY RETREAT ~

**SATURDAY 23 SEPTEMBER 2023**

**10<sub>AM</sub>-4<sub>PM</sub>**

**FOTHERINGHAY VILLAGE HALL, PE8 5HZ**



Celebrate the bountiful energy of the Autumn Equinox – a time to pause, reflect and nourish. Through yoga practice, and touching upon the ancient wisdom of yoga philosophy, you'll explore what living in balance means to you – setting intentions to create harmony as you approach the season ahead.

~ The day will include:

- A nurturing yoga practice to create balance in body and mind
- Guided Meditation (outdoors in nature, weather permitting)
- Time for Reflection: supporting you with your intention setting for the Autumn
- Yoga Nidra – a relaxation practice to encourage deep rest and peace

In the spirit of 'sangha' (community), you're asked to bring a vegetarian item (savoury or sweet) to contribute to a shared lunch. Drinks, fruit and homemade vegan cakes will be provided throughout the day.

**To book your place, please email Janice at:  
janice@radiance-yoga.co.uk**

**Cost: £50\***

\*Please note, fees are non-refundable

