



Destination Wellness

Ayurvedic Yoga Retreat with Sound Bath for Mind Body Balance

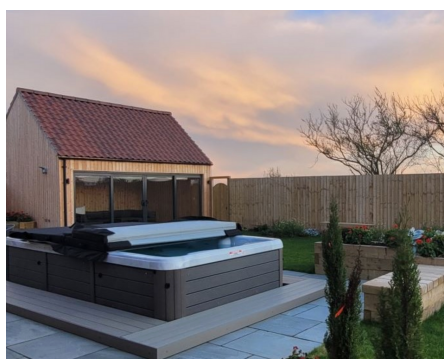
Friday September 20th - Monday 23rd 2024
Lincoln



Get away from the stresses of normal life and immerse yourself in 3 days of self care in beautiful countryside on the outskirts of Lincoln



- Luxury Barn with private hot tub, secluded in beautiful countryside with a lake & woodland
- Opening Cacao Ceremony
- Yoga - Morning Vinyasa Flow, & afternoon Yin with Sound bath on Saturday & Sunday
- Balanced, Delicious, Nourishing Food
- Workshops to Reset, Balance and Renew
- Nature Walks with Forest Bathing



£575, based on sharing a twin room with ensuite.

What's included:

All meals, snacks & drinks - Daily Yoga, Sound bath, Workshops & Activities - Hot tub.