



Half Day Wellness
Yoga & Ayurveda Retreat
November 17th 2019
from **Nature & Nourish**

*Hastoe Hall
Tring HP23 6LU*

SMART
WORKS

Raising funds for women's charity
Smart Works Reading

The afternoon

- Welcoming, qualified teachers experienced and passionate about yoga and Ayurveda
- Historic beamed hall in accessible rural location
- Introduction to yoga's holistic personal wellness system - Ayurveda
- Effective lifestyle tools for body and mind, to thrive this winter
- Energising and restorative yoga
- Delicious, seasonal 'Buddha' bowl
- Continue your self-care with a goody bag of selected treats

Limited places available

Tickets: **£49** (to 8th October)
then **£55**. Book online at:

j.mp/nn17nov

www.natureandnourish.com