

# Deeply Nourishing Day Retreat

NOURISH YOURSELF TO THE CORE -  
WITH ANNA AND STEPHANIE

SUN 06 OCT

10AM - 4PM



**STUNNING LOCATION IN RURAL SHROPSHIRE**

**This day of treats includes;**

- **Yoga with a focus on opening up the lungs**
- **Guided journeying meditation with drumming - aligning to our potential**
- **Transformational Breath®**
- **Healing Sound Bath**

**£80 EARLY BIRD (AUGUST)**

**£100 THEREAFTER**

**Location The HayBarn SY6 7DS**

**Contact us at [Stephanie@BreatheMore.co.uk](mailto:Stephanie@BreatheMore.co.uk)**

**Book online at <https://expansionbreathandsound.com/bookings/>**

