

Slow Flow Yoga residential using a Yurt studio
Place: Hoathwaite, Coniston, Lake District, UK
Dates: 17th-21st September
Cost: £400



Join us for our Slow Flow Yoga residential, set in a peaceful Lake District location and using Yurts (from 'Wild-in-Style') for our accommodation and Yoga studio.

This residential forms part of Inner Fire's teacher training but is also open to qualified teachers and experienced students who would like to learn some slow flow sequences, teach them to others and create their own flows. We will work with music, pranayama and mantra to enhance our practice and have a bit of fun playing with postures along the way ...

There will be 3 or 4 people staying in each yurt with own stove and kitchen facilities.

Arrive on Monday 17th September morning and instruction will begin at 10am. Other days we will begin at 8am and practice until @6.30pm, leaving on Friday 21st September @4pm.

Cost includes: Accommodation, instruction, lunch and dinner provided but please bring whatever is your preferred breakfast.

Not included: Transport to and from Hoathwaite, travel insurance.

For further information or to book please email deyna@innerfire.org.uk or message me through Facebook: InnerFireDeyna

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