



SUNRISE

YOGA & WELLBEING

# Mindful Creativity for the Soul

A festive themed **retreat day**, designed to spark our creative energies, harness them together, whilst thinking about how we can get the most out of them in our every day lives.

Come and join us on our journey and experience:

A day of **yoga, meditation** and **self love**.

A traditional **Cacao ceremony**, to open up to, and welcome in mindfulness and creativity.

Sessions focusing on **breathwork**, to reduce stress and boost energy.

An **invigorating plant based lunch**, to reward your body throughout the day.

**Mindful Craft Sessions**, including needle felting and intro to Crochet.

**& More**

**Invest in yourself** - all of the above for £75 pp

Date & Time - **Saturday 9th December**, 9:30am - 4pm

Location - Beaver Sailing Club, Goole, DN14 9AB

To Book, contact Jools Thompson

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or search Sunrise Yoga & Wellbeing on **Eventbrite**