



# THE MANOR FARM RETREAT



Join us at Manor Farm, Upton Cheyney for a relaxing retreat day of yoga, foraging, flower arranging, meditation & more.

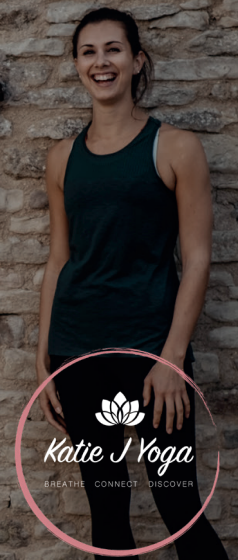
When: Sunday 4th July 2021  
11:00 until 17:00

Where: Manor Farm, Upton Cheyney, BS30 6NQ

Price: £140.00 per person

Price includes tea & coffee, a delicious, healthy lunch & all flower arranging materials.

To book your place, please email Katie  
[info@katiejyoga.com](mailto:info@katiejyoga.com)



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## AGENDA

11:00 - 11:30

Arrival and Introductions with Tea & Coffee

11:30 - 12:30

Hatha Yoga Class with Katie

12:30 - 13:30

Healthy Lunch on the Stable Lawn

13:30 - 15:30

Foraging & Flower Arranging with Issy

15:30 - 16:00

Afternoon Break

16:00 - 17:00

Gentle Yoga Class & Closing Meditation with Katie

17:00

Guests Depart

First 8 'early birds' to book will receive a relaxing 30-minute massage at no extra cost.

Massages will be available prior to the start, during breaks or immediately following the main day, with timing preferences allocated in order of bookings.

