



RETREAT RELAX RECHARGE



HOME RETREAT - AUTUMN BLISS

25-26 November 2023

Saturday & Sunday 9:30-11:30

We will get together Online to get **inspired**, recharged and prepared for Winter with **grounding** and vigorous âsana and breathing exercises **connecting** with the FIRE element.

Yoga Practice
Pranayama
Mantra
Relaxation
Ayurvedic Tips
to stay Peaceful, Warm & Healthy



ZOOM LINK WILL BE SENT UPON REGISTRATION

30 EUR/ONE DAY - 50 EUR/BOTH DAYS

INFO/BOOKINGS: [INFO@MIAEYOGA.COM](mailto:info@miaeyoga.com)

