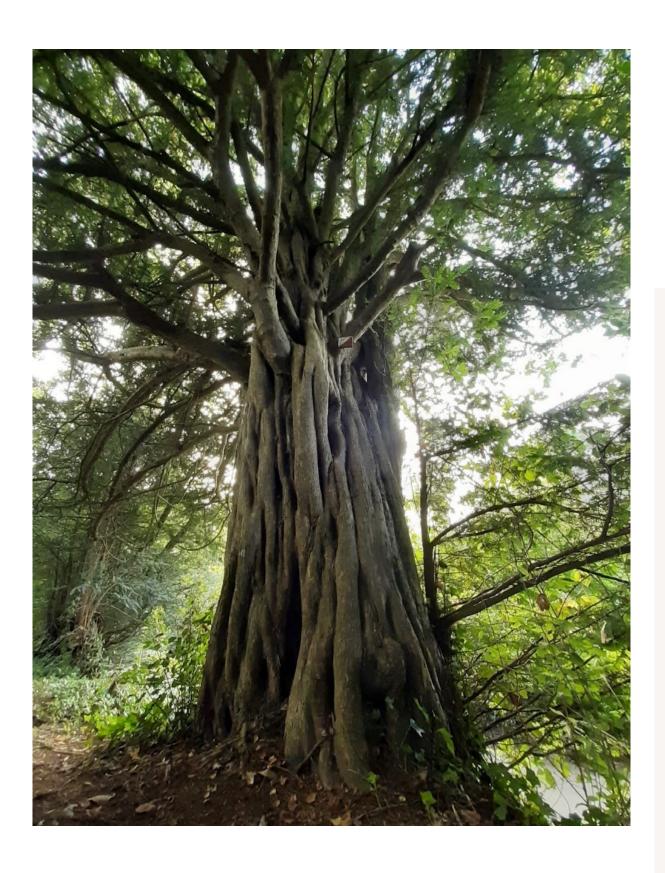


RETREAT 2022

4TH - 8TH SEPTEMBER MONKTON WYLD COURT



WWW.INNERYOGALONDON.CO.UK

This Grade II listed Neo-Gothic court was built int 1848.

Monkton Wyld is located in the rolling hills of Dorset and within walking distance of the stunning Jurassic coast.

The grounds also include terraced lawns, a forest and orchard fields leading to a bliss stream surrounded by Victorian walled vegetable gardens. The water comes from Monkton's own wells and waste water is processed through their own wetland filtration system. We use as much solar energy as possible.



YOGA RETREAT

Join us at this beautiful venue for a truly relaxing and revitalising yoga retreat. This retreat is carefully designed to refresh to your mind body and spirit.

Every day we will practise yoga in the morning (before breakfast) and again in the evening (before dinner). The morning practice will be energising and strengthening. The evening practice will be restorative and relaxing. As you all know we have a deep love of yoga. For us yoga is to love yourself and to allow us to be who we really are.

All yoga sessions are optional.





Lets get together to

Rest

Reflect

Restore

Heal

Explore

Breathe

Relax

Nurture

And Laugh



£495 pp

Inc. yoga, accommodation and breakfast, lunch and dinner

Limited single bedroomssharing is fun and interesting!!





Get in touch if you have any questions.

We hope to see you at this beautiful retreat.

Lisa - 07836 695213 Lisa.christensen@sky.com



Tina - 07952 312057 tinamoxon@hotmail.co.uk



