

A MINI YOGA RETREAT WITH SAYOKO AT DAYLANDS FARM ORCHARD STUDIO

SUNDAY 16
SEPTEMBER 2018

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FROM 11 AM - 4PM



This mini Yoga Retreat offers the following.

- Two Yoga sessions with **Sayoko** who has been teaching in Horsham area for twenty years. Her yoga is inspired by **Vanda Scaravelli**, the author of "Awakening the spine". Her principal teacher is **Diane Long** who was the closest and longest student of Vanda. We work from within the body - skeleton, especially with the spine - leaving outer big muscles alone.
- Homemade light lunch between the Yoga sessions, prepared using Daylands Farm produce.
- Guided relaxation and meditation after the yoga sessions. You may walk around the beautiful farm contemplating.
- Tea and homemade cake before farewell.

This Retreat is mainly for :

- those who are interested in yoga and may want to start practicing.
- Yoga students who are new to this style of yoga.

Booking: contact Sayoko
Sayoko.meyer@gmail.com
Mobile: 07918183075

Cost: £40
(A cheque payable to Sayoko Meyer posted or BACS to her upon booking.)

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