

Yoga Day Retreat

A MINI RETREAT TO PAMPER YOUR BODY, MIND AND SPIRIT
WITH JO HARRIS AND HOLLY HOOD

Sunday 18th February

11:30am - 5pm, £70

Join Jo and Holly for this nourishing, heart centered day using the practices of yoga to truly relax and rejuvenate.

11:30 Warming Yoga flow and pranayama

13:30 Yoga Nidra

14:00 Lunch break (BYO light lunch!)

14:45 Guided chakra and sound meditation

16:00 Yin yoga for relaxation

**To book contact bookings@boco-uk.com or call
0208 399 3930**



Jo is an experienced practitioner teaching Vinyasa Flow, Pre and Postnatal Yoga. She has a particular interest in the benefit of yoga for mental and physical wellbeing and the effects of the breath on the nervous system. Her classes focus on mindful movement synchronised with the breath to relax, strengthen and mobilise.



Holly started her yoga practice as a teenager, with a DVD in her bedroom! She incorporates a seasonal focus in her classes to help support balance and harmony in the body and mind. Holly has recently trained with Nikki Slade, a pioneer in the Western Kirtan world, and is passionate about the powerful vibration of mantra and the voice.