



GOLDEN TEACHERS (UK) RETREAT - 1st May - 4th May 2025

Welcome to Your Journey of Serenity!

Are you ready to escape the hustle and bustle of daily life and embark on a transformative journey of self-discovery and relaxation? Look no further! Join us for a rejuvenating Retreat Weekend at the enchanting Exmoor National Park in the heart of the United Kingdom.



DISCOVER TRANQUILITY



Guided Yoga Sessions: Immerse yourself in the practice of yoga led by experienced instructors, promoting physical well-being and mental clarity.

Sound Healing: Experience the soothing vibrations of Tibetan singing bowls and crystal bowls to harmonize your mind, body, and spirit.

Nature Walks: Explore the picturesque surroundings of Taplow House, reconnect with nature, and rejuvenate your soul.

Meditation: Cultivate inner peace through guided meditation sessions in serene settings.

Healthy Cuisine: Savor nourishing meals prepared with fresh, locally-sourced ingredients to support your well-being.

Relaxation: Enjoy downtime in private accommodations, surrounded by the tranquility of Taplow Exmoor national park.





01

Sound Healing

Sound healing is a holistic therapy using sound vibrations for relaxation, stress reduction, improved sleep, focus, and emotional balance. It helps entrain brainwaves, reduce tension, and enhance overall well-being.



02

Reiki healing

Reiki healing is a holistic practice involving the channeling of energy to promote relaxation, stress reduction, emotional balance, and overall well-being. It can help alleviate tension, entrain brainwaves, and enhance one's sense of inner peace.

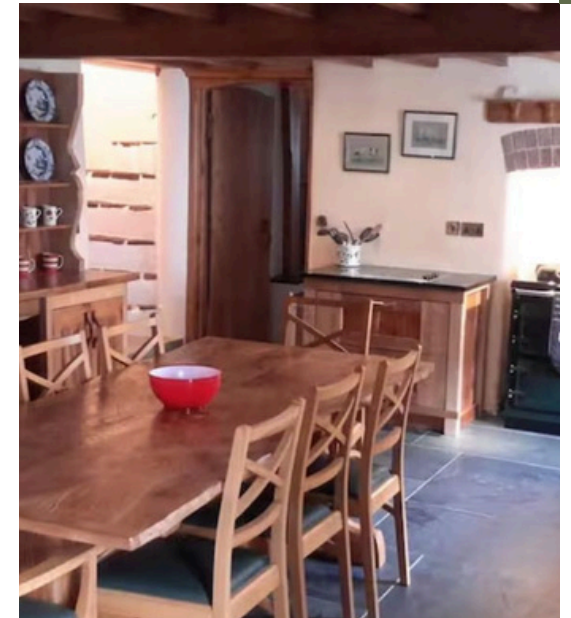


WHATS INCLUDED?

YOGA
SOUND HEALING
REIKI
CEREMONIAL CACAO
HOLISTIC AYURVEDIC MEALS
AROMATHERAPY
INNER CHILD THERAPY
ART THERAPY
HYPNOTHERAPY
QUANTUM ALCHEMY
PRIVATE LAND FOR A SAFE OUTDOOR
NATURE EXPERIENCE



Accomodation





Reconnect with Yourself

Join us for a transformative weekend of self-care, relaxation, and inner harmony. Experience the magic of yoga and sound healing in the idyllic setting of Exmoor National park. Leave behind the stresses of everyday life and embrace a refreshed and revitalized you.

Follow us on social media for updates and inspiration:
@yogisonos



Disclaimer: This brochure is for informational purposes only. Details and itinerary are subject to change. Please contact us for the latest information and to reserve your spot.

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