



CALREIET

HOLISTIC RETREAT

PRACTICE *in* TIME

Workshop Series

by Stuart Clark, Yoga & Body Therapist



12th April 10:00-13:00

SPRING: deep cleansing,
potential energy, hydration

3rd May 10:00-13:00

EARLY SUMMER: bloom, navigating
expansion

5th July 10:00-13:00

SUMMER: fruits, mature, balancing
energies

4th Oct 10:00-13:00

FALL: transition, harvest, abundance,
gratitude

1st Nov 10:00-13:00

EARLY WINTER: letting go,
recombination, fuel, roots

Min. 3 participants (only with registration)

Price for one workshop:
75 Euro (VAT inc.)



Stuart Clark

Yoga & Body Therapist



Stuart believes that yoga is a journey of embodiment. By connecting more deeply with your body, emotions and mindset, you'll be able to learn what your body, mind and soul really need. For Stuart, nothing is of limits and his teaching method will empower you physically and mentally. He will teach Pranayama, Kriyas, and Dharma and guide you through breathing exercises. Good music, sweat and laughter are also on the program!

Book your place
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