

IMBOLC

YOGA RETREAT AND RITUAL

SUNDAY 1 FEBRUARY 2026.

THE STUDIO BLACKHEATH COMPLEMENTARY HEALTH
CENTRE, 184/6 WESTCOMBE HILL SE3 7DH

10:00-13:30. £55.



A time of renewal and the first stirrings of spring. Align this energy with gently reawakening practices which create space for fresh intentions, reconnect with our inner vitality and nurture growth.

Booking essential. Contact Bernadette

info@peacefulpractice.co.uk

All equipment, notes and refreshments provided.