

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.