

# BE THE BEST YOU

JOIN US FOR A **FREE** 3 WEEK  
VIRTUAL RETREAT FOR ALL LEVELS  
**STARTING 24TH NOVEMBER**

AN OPEN ONLINE COURSE TO  
LEARN NEW SKILLS IN  
**YOGA, SOUND,  
BREATH, MEDITATION,  
FITNESS**

AND EMPOWER YOU WITH POSITIVE  
NEW HABITS POST-LOCKDOWN

#BTBY

## GET INVOLVED

Simply click [HERE](#)  
for more details  
and to sign up

## WHAT YOU NEED

Just you and  
a towel / yoga mat

## WHEN

24th Nov - 7.15pm  
26th Nov - 7.00pm  
1st Dec - 7.15pm  
3rd Dec - 7.00pm  
10th Dec - 7.00pm

W E C A R E



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