



THE RESET RETREAT

Day of Movement, Mindfulness & Deep Rest

Sunday, 20 September 2026

The Space Within Studio • Near Milton Keynes

Event Program

9:30 – 10:00

Arrival & Welcome



10:00 – 11:15

Gentle Hatha Yoga



11:15 – 11:30

Tea Break



11:30 – 12:15

Discover Essential Oils



12:15 – 13:15

Create Your Own Blend



13:30 – 14:30

Nourishing Seasonal Lunch



14:30 – 15:45

Time to Slow Down



16:00 – 17:20

Restorative Yoga & Yoga Nidra



17:20 – 17:30

Closing Circle

More Information: www.the-yoga-spot.com/the-reset-retreat