



Retreats with Laura

Laura has a personal, friendly yet professional approach to teaching, offering a style of yoga that is dynamic and challenging with sequences set to rejuvenate the body from the inside out. She practises yoga at a physical level but through continued Vipassana meditation has developed a more spiritual path, which she incorporates into her teachings both on and off the mat.



Anglesey



Keen to encourage both experienced and novice yoga practitioners to join her wonderful retreats, Laura has an amazing team of yoga and wellness instructors who work closely with guests individual needs, whilst developing their confidence and techniques. Come and join her in Anglesey!

Yoga & Fitness Retreat

Yoga & Detox Weekend in Wales

Yoga & Detox Weekend



Yoga & Wild Swimming Escape

Yoga & Hiking Retreat

Winter Warmer Yoga Retreat



For more details, contact your local travel agent

