



Like all living things, in order to thrive and bloom we need the right environment. For us as complex human beings this involves approaching wellness from many different angles. Optimal health, both emotionally and physically, can benefit hugely from an holistic (complete) approach.

Our Thrive & Bloom wellness talks and workshops explore this approach and aim to help you towards your own journey towards wellbeing.

Our next session, hosted by yoga teacher, Rae Bird, takes place on

Thursday 23rd November at 4.30pm at The Loft, Rutland Nursery

There is no charge, however pre-booking is essential

An introduction to Gentle Yoga

We invite you to join qualified yoga teacher Rae Bird, as she takes us through a practical introduction to Gentle Yoga. Rae is keen that yoga should always be 'kind' to both body and mind, nurturing and supporting positive habits for your physical and mental wellbeing. Reconnect with your body and mind, and find a place of calm and inner peace.

Suitable for all body types, genders, ages and abilities. No previous experience required.

To attend please register by either leaving your name at our shop desk, by phoning us on 01572 498720, by direct message via Instagram or Facebook, or through the Contact Us page on our website www.rutlandnursery.co.uk