Harmony in Breathing…

One Shakti Yoga Retreat with Manish



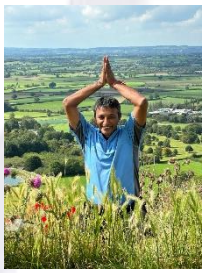
This retreat is about finding time and space to be in the present and listening one's Breath. As the mind quietens, our Breath speaks with deep insights. We will explore Breath related practices using Body and Mind, and delve into experiencing Prana – the vital force. Finding silent spaces and trusting our innate intelligence, will reward all with some insightful life guiding experiences.

Experience from previous retreats guides me to make this an interactive one and for all to realise Yoga is practiced as much off the mat as on it. This is a residential retreat which will offer over 6 hours of guided practices and much more on each full day.



Practices during the retreat will include:

- ☯ **Breath Awareness, Pranayama and Energy Expansion**
- ☯ **Yogasanas - Movement and Postures**
- ☯ **Relaxation - Yoga Nidra, Silent sittings / Meditation**
- ☯ **Being with Nature, Spirited sharings**
- ☯ **Karma Yoga "relaxation in action, action in relaxation" and more…**



Manish is a qualified yoga instructor and a complementary therapist with over 30 years of experience. His journey has been one of integrating authentic spiritual practices with personal experiences. He has led many workshops and retreats (locally and internationally), and is unique in his guidance and sharing. His emphasis is on presenting these practices simply and with clarity.

This retreat will be ideally suited for regular yoga practitioners, yoga teachers and energy-based practitioners. First time retreaters are welcome. This retreat will be for maximum 16 participants. Please register your interest early as previous retreats have been fully booked.



The retreat venue is in a beautiful English countryside.

Venue: A beautifully designed, self-contained eco-centre, near Glastonbury, Somerset

Dates: Friday 17th (from 6 pm) to **Tuesday 21st July** (to 3.30 pm), **2026**

Fees: £780 (non-refundable deposit £340 on registration, 2nd instalment £220 by 28th February 2026; Final payment £220 by 30th April 2026)

Retreat fee includes all Yoga guidance, vegetarian food and shared accommodation (twin or triple shared, with ensuite facilities, single room (if available, supplement charge will apply). Priority will be given to participants willing to share.

To register your interest or any enquiries, please send an email to **Manish@oneshakti.co.uk.** Please respond early, if interested. Registration form, payment details will be shared on reply.

For further information, please contact Manish:

: **manish@oneshakti.co.uk** : **07854 14 12 16**