

Disobedient Bodies Day Retreat

With Lou Thomas, The Studio, Brighton, BN2 3PF
10:30am - 5pm Saturday 12th October



Join Lou Thomas for a day of joyful and collective disobedience to connect with yourself, your body and your community. This is one for the rebels, the weirdos, the dreamers, the creatives, and those drawn to yoga but who struggle with rigid dogma. We will allow ourselves to be imprecise, in play, in process, rather than problems we are trying to solve.

The retreat includes:

- A deeper and immersive dive into accessible yoga
- Accessible and playful yoga asana practice
- Embodied and expressive creative arts
- Radical Rest and Meditation
- A nourishing vegan lunch and delicious homemade cake
- A chance to connect with community

Lou is a queer yoga teacher, massage therapist, and arts facilitator whose work sits at the intersection of wellness and social justice. They specialise in trauma informed, accessible, and community based yoga and arts.

To book, please go to:

<https://forms.gle/wSJ9oxn3N1na4t79A>

The cheapest way to attend this retreat is by booking early! The early bird price is £75, available until 1st September. After this the full price is £90. Payment plans available, please get in touch to discuss.

Accessibility Information:

Accessibility is at the heart of my work. The venue has one step on entry, but an alternative step free entrance is also available. There are 3 single use all gender toilets, including one that is wheelchair accessible. On street parking is available outside. A hearty vegan lunch and cakes will be provided but please let me know if you have any dietary requirements. Music is sometimes played in the background, and scents such as essential oils are used - however both can be omitted if they cause accessibility problems.

Covid Safety:

I continually recognise the need to keep our community safe from the spread of covid. There will be no more than 25 people in the venue. The Studio is well ventilated, and space will have been cleaned and ventilated before the retreat. Attendees are required to take a lateral flow test before attending and you are welcome to wear a mask when arriving or moving around in the venue, and during the retreat at any point.

If there is anything else you need to make this retreat accessible to you, please get in touch with us and I will do what I can to accommodate you.

Example Schedule (subject to change):

Schedule	Activity
10:30	Arrivals, tea/coffee
11	Accessible and Playful Yoga Asana Practice
12:30	Hearty Lunch
13:30	Creative and mindful arts workshop
3:00	Cake, tea and chatting
3:30	Radical Rest Practice
5	Goodbyes and Check Out