



uyen vu body mind self awareness

WEEKEND RETREATS

1-HOUR FAMILY & CHILDREN – ASCOT



AGES 9 – 11
HELLO MIND

**ADHD – YOGA MEDITATION
RATHER THAN MEDICATION**

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50A FERNBANK ROAD, ASCOT, SL5 8HE

CALM & RELAX

AGES 5 – 7
HELLO MIND



AGES 5 – 7
HELLO BODYMIND



AGES 9 – 11
HELLO BODYMIND



SOMATIC EMBODIMENT YOGA MEDITATION

TRAVEL RETREAT

10-NIGHT SOUTHERN VIETNAM

**2-HOUR WEEKEND
RETREATS - ASCOT**

**BEGINNER GUIDED
MEDITATION**



**FOR BODY MIND
PRACTITIONERS**



1 - 10 MARCH 2027

JUST FOR YOU

SOMATIC EMBODIMENT YOGA MEDITATION

WEEKLY CLASS

ALL AGES



RELAX BODY

BEGINNERS



INTERMEDIATE +



SENIORS CHAIR-BASED

CHAIR-BASED



SOMATIC EMBODIMENT YOGA MEDITATION

SPECIAL CLASS

ALL AGES



OPTIMISATION

**DIAPHRAGMATIC
BREATHING**



SUPPORT SLEEP



AFTER STROKE



RECLAIM YOUR BIRTHRIGHT

SOMATIC EMBODIMENT GUIDED MEDITATION

WEEKLY CLASS

ALL AGES



RELAX MIND

BEGINNERS



SELF-INQUIRY



SILENCE



CHAOS TO ORDER

SOMATIC EMBODIMENT YOGA MEDITATION

12-WEEK

BEGINNER COURSES

RELAX MIND

HELLO BODYMIND



HELLO MIND



RENEWAL FROM THE INSIDE OUT

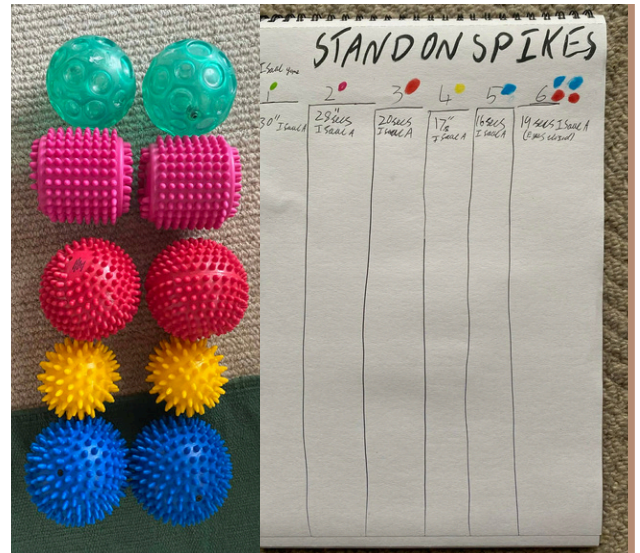


uyen vu body mind self awareness

BOOK NOW

PRIVATE LESSONS
SMALL GROUP CLASS
SCHOOLS
CORPORATES

FUN & ENGAGING



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