

Seeds of Growth

A spring Ha-Tha Yoga Day Retreat to slow down, reconnect, and plant new intentions. As the season shifts, we explore the philosophical aspect of Growth - what is ready to emerge, and how to create the right conditions for growth without force.

April 26. 2026 10:00 - 18:00

The day includes:

- **Energising morning yoga**
- **Meditation & yoga philosophy**
- **A mindful seed-planting ritual**
- **Time to rest, reflect, and enjoy nature**
- **Vegetarian lunch & light dinner**

**A day to move, breathe, and trust
your own season 🌱**

Group size: min. 4 / max. 12 participants
Ask for more information or sign up via:
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**Hazerswoude-Dorp
Tuin van Epicurus**