South Gloucestershire SGREN Race Equality Network

SAVE THE DATE!

Roots & Rhythms: A Global Well-being Retreat

SUNDAY 11TH JANUARY 2026
from 11am to 3pm

Kingsmeadow@Made Forever
Fisher Road, BS15 4RQ

Experience Includes :

Drop-in well-being taster sessions:

- Yoga (bring a mat if you have one)
- EFT and Journaling Talks
- Breathwork
- Music, Movement and much more

Light vegetarian lunch
Children's craft corner
Community stalls and information

Tickets: Pay what you choose and full concessions available here

For more information email:
sgren-committee@outlook.com

REGISTER NOW