



April 16th – 20th, 2018

Join Julie Sexton & Heather Cripps for a deep soulful experience in the stunning Coromandel Peninsula, surrounded by temperate rainforest and other natural wonders.

As you journey to your soul and immerse yourself in this spiritual place, which holds full meaning and history for its Maori custodians, you will be easily reminded that all things are connected and interdependent and you are supported in your truth.

Retreat Costs \$1250 and includes:

- *Twin share accommodation and all vegetarian meals*
- *2 Yoga sessions each day incorporating yin and yang styles*
- *Mind Mastery group sessions and daily meditation*
- *Free time to explore the area, nurture yourself with one of the healing modalities on offer, detox in the sauna and just BE.*



Contact: *The Joyful Buddhas*

Bookings : info@thejoyfulbuddhas.com or +61 8 8552 8229