



Delve deep within, replenish & harmonise your body, mind and spirit at our 3night retreat in luxury beachfront accommodation, May 18th -21st, 2017.

Through, yoga, meditation, workshops and healthy vegan food cleanse your body, clear your mind and align with your higherself. In this small personalised retreat we will guide you to clear energy blockages, patterns of thought that no longer serve and connect more deeply with your heart and potential.

Share Room \$750 shared bathroom
2 x Queen Bed Private Room \$850 shared bathroom
1 Oceanview King Bed with ensuite \$1000 or \$750 shared.

Includes: 2 x 90min Yoga sessions daily
2hr Group Empowerment session daily
1hr Meditation session daily
1 x Foot Detox Spa
3 x Healthy delicious vegan meals daily

Optional extras to be pre-booked

Intuitive Vibrational Healing
Private Life Coaching
Massage
Thai Yoga Massage
Reflexology
Indian Head Massage
Organic Facial

\$200 deposit to be paid to secure booking and balance to be paid by 11th May.

Contact: Julie or Heather @ The Joyful Buddhas

Ph: +61 8 8552 8229 Email: info@thejoyfulbuddhas.com

CLEANSE AND CLEAR, SOUL JOURNEY RETREAT

Daily Programme

Thursday 18th May

5pm Arrival - Introduction

5.30-6.15pm Intention Setting & Meditation

6.30pm Light Dinner

7.30pm – 8.45pm Yin Yoga & Yoga Nidra



Friday 19th May & Saturday 20th May

6.30 Pre breakfast drink

7.00- 8.30am Yoga with Julie

8.30am Breakfast

10am -12pm Group Empowerment Workshop with Heather

12.30pm Lunch

FREE TIME

4.30pm – 6pm Yin Yoga with Julie

6.30pm Dinner

7.45pm – 8.45pm Meditation with Heather



Sunday 21st

6.30 Pre breakfast drink

7.00- 8.30am Yoga with Julie

8.30am Breakfast

10am -12pm Group Empowerment Workshop with Heather

12.30pm Lunch

FREE TIME

3pm – 4.00pm Yin Yoga with Julie

4pm – 4.30pm Meditation with Heather

5pm Depart

Silence will be observed every night after meditation till breakfast the next morning.

NAMASTE