



Thursday June 29<sup>th</sup> – Sunday July 2<sup>nd</sup>

# YOGA & MIND EMPOWERMENT

You will spend 3 nights staying in a luxury home on the beachfront in Hayborough on the Fleurieu Peninsula being guided into deeper states of relaxation and wellbeing, of positive perspectives and thinking.

Find time to connect with the light within you through yoga, meditation and empowering workshops and allowing yourself to just BE!

Nurture & recharge your body, mind and spirit.

COST:

Shared Room \$750

Private Room \$850

Private Room with Ensuite and Ocean Views \$1000

Contact us for more info on: +61 8 8552 8229 [info@thejoyfulbuddhas.com](mailto:info@thejoyfulbuddhas.com)