

'Living with Joy'

Meditation and Yoga Retreat

Kep, Cambodia, July 12-17, 2015

Join Julie Sexton and Trevor Vowles as they guide you on an inner journey through meditation and yoga and share in a wonderful adventure in Cambodia.



The Vine Retreat, an organic farm and guesthouse, is situated in rural Kep, a seaside town 2½ hours from the capital Phnom Penh. This will be our home for the 5 nights and 6 days. Emma and the delightful staff will take care of us fuelling our bodies with delicious, healthy vegetarian meals.

The meditations are the from the 'Living with Joy' course by Sanaya Roman, channel for Orin. They will help change negatives into positives, add more light into your life and align you with your higher purpose.

You will have the opportunity to practice yoga twice a day and time to explore the town of Kep, go for a hike in the mountains or a bike ride through the villages.

The cost is \$795 for a single room and \$695 for a share room.

Includes:- transport to and from Phnom Penh, accommodation, all meals at The Vine Retreat, Yoga, the Living with Joy course and a 30minute Intuitive Vibrational Healing session.



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