



wellness Immersion Retreat

March Long Weekend 7-10th March 2014

Springmount Retreat, Inman Valley, South Australia

Immerse yourself in all things health & wellness as you surrender to the surroundings of untamed nature practicing the art of yoga with the Kangaroos, while the sun rises over the ocean.

This retreat offers the perfect space to escape from the city and delve deep within.

Cost Includes accommodation, all yoga & meditation classes, gourmet vegetarian meals, cooking class and various workshops.

Additional therapies such as massage, spiritual healing, reflexology and Ayurveda can be added at an extra cost.

Cost: \$599pp

Bookings are essential 85528229 or info@thejoyfulbuddhas.com

www.thejoyfulbuddhas.com