

'A journey of a thousand miles begins with just one step...'



## New Year Yoga & Meditation Retreat

Jan 31st-2<sup>nd</sup> February 2014

Begin the year happy, healthy and deeply at peace. Held in the beautiful seaside town of Middleton in South Australia, this intimate retreat will allow you to submerge yourself in all things health & wellness. Surrender to the deep relaxation and healing tranquillity that comes from the practice of yoga and meditation and cleanse and heal body and mind with clean, fresh, wholesome foods and practices.

Cost Includes accommodation, all yoga & meditation classes, gourmet vegetarian meals, cooking class, & Intuitive vibrational healing session. Additional therapies such as massage, reflexology, Ayurveda can be added at an extra cost.

Cost:

\$499pp – includes private room with double bed

\$399pp – for couples or friends willing to share double bed in private room.