

THE JOYFUL BUDDHAS

Yoga and Meditation
Spring Wellness Retreats

THE JOYFUL BUDDHAS

Stretch, expand, explore.

Cleanse, rest and rejuvenate.

Nurture your body, mind and spirit this spring at one of our personalised quality weekend retreats.

Spend 2 nights in luxury, eco accommodation on the beachfront in Encounter Bay on the beautiful Fleurieu Peninsula.

When: November 6th – 8th

Friday, from 5pm till Sunday 5pm.

Cost: \$695 single room/ \$595 share room.

Includes accommodation (max 7 people),
Healthy vegetarian/vegan breakfast, lunch and dinner,
2 x 30 treatments of your choice and
6 x yoga and meditation sessions.

To book or for more information please contact Lisa, Jayne or Julie on 08 8552 8229 or email info@thejoyfulbuddhas.com