



# The Joyful Buddhas

CULTIVATING SPACE 2nd - 4th Nov 2018



Join Julie, Tan and Sarah for a weekend of Self-care and Sacred Intentions. Creating space for yourself to gently and deeply go within through Yoga, Meditation, walks in nature and healing body treatments allow your light force energy to flow freely, to clear, love and nurture your body, mind and soul.

**When:** Friday Nov 2nd 6pm – Sunday Nov 4th 3.30pm

**Cost:** \$385 *includes ...*

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|---------------------------------|----------------------------------|
| 1 x Dru yoga session            | 1 x lunch                        |
| 2 x Vinyasa sessions            | 2 x light dinners                |
| 3 x Yin and Meditation sessions | 1 x Voucher for Delicia          |
| 2 x 1hr workshops               | 1 x 1hr treatment of your choice |
| 1 x breakfast                   |                                  |

*Accommodation is not included, but we can organise a group holiday house close to the studio if needed. Extra treatments are available at add on cost.*

More information, phone 8552 8229



or email [info@thejoyfulbuddhas.com](mailto:info@thejoyfulbuddhas.com)