



KI YOGA RETREAT SUMMER

DATE & TIME:

4pm Friday 3rd - 2pm Monday 6th February 2012

VENUE:

Bamarang Bush Retreat on Shoalhaven River
www.bushretreat.com.au

COST:

\$500 per person (2 - 4 person share)
\$575 per person (King room - couples only)

HOSTS:

Bec Fish - Yoga Instructor
Edwina Blush - Our Chef
Nellie Anderson - Yoga assistant

In Summer when the Earth's energy is at it's peak so are we!
Join us for this inspiring weekend away to strengthen your small intestines for improved digestion as well as boosting your heart energy for greater creative flow & joy in your life.

The weekend will give you more zest for life, courage to follow your heart & energy to achieve your goals!

CONTACT:

Bec 0425 233 583 for enquiries and bookings.
Email: contact@sotaitherapies.com.au



FIRE



WOOD



EARTH



METAL



WATER