

KI YOGA RETREAT AUTUMN

DATE & TIME:

4pm Friday 1st March - 2pm Monday 4th March 2013 (3 Days)

VENUE:

Bamarang Bush Retreat
www.bushretreat.com.au

COST:

\$595 pp (share accommodation) or
\$625 pp King bed (couples only)

HOSTS:

Edwina Blush - Our organic food Chef
Bec Fish & Jeremy Trimnell-Ritchard - Yoga teachers & Shiatsu massage
Nellie Anderson - Yoga teacher & retreat assistant

Join our dynamic team for the Autumn 3 DAY retreat to cleanse your lungs and large intestines and leave feeling lighter, fitter and clearer!
Let go of old habits & digestive stagnation to restore clarity of mind, vitality of breath and optimism in your life.

Fresh country air, swims in the Shoalhaven River, plenty of rest time and much more!

CONTACT:

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



METAL



WATER



WOOD



FIRE



EARTH

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