



Byron Bay Yoga Retreat

with Gwynne Jones

20th - 27th March 2019

Taking time out is vital to our life, health and longevity.

Take retreat in the sanctuary of the beautiful Byron Bay Shire, at the stunning organic farm, Wybalena, where we immerse in 7-days of Yoga, Pranayama, Meditation, Yoga Nidra, incredible food, long walks in nature, time for rest and relaxation and so much more.

Take well deserved time just for you, the opportunity to reset your health and wellbeing, taking much needed rest, relaxation. Time to rejuvenate and transform your life and delve deeper into your yoga practice.

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<https://gwynnejonesyoga.com/yoga-intensives/>

"You have to leave the city of your comfort and go into the wilderness of your intuition.
What you'll discover will be wonderful.

What you'll discover is yourself."

Alan Alda

