



Feel Renewed

Urban Retreat in Palm Beach

The Spring workshop: Sunday 22nd September, 9am - 4pm

\$150

Give yourself a day of nourishment with yoga, yoga therapy, yoga nidra,
meditation and beautiful seasonal wholefoods.

Complete time out for those juggling the many demands of a busy life.

A mini break to restore body and mind,
and harmonise with nature.

Retreat includes:

2 Yoga, Pranayama, Meditation sessions

Yoga Nidra

Incredible food, long walk in nature.

Time out for stress reduction, rest and rejuvenation

Vital for our life balance, health and longevity.

A small group, limited to 8, bookings only.

Email Gwynne to register interest or book your own private group retreat on another date

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