



womens yoga meditation retreat  
south coast nsw  
winter 16th -23rd june  
spring 3rd - 9th october  
time for yourself away from the demands of life  
to regain and restore wellness,  
inner balance, harmony and connection  
be with nature

retreat makes it possible to quiet down relax  
and return to inner wellbeing  
an opportunity to reconnect, heal and restore your wellbeing

balance is found in a beautiful healing location  
surrounded by nature

discover a healthier you,  
a more peaceful tempo and some stillness.

retreat in a secluded location beneath the sacred mountain  
the close by the beautiful sapphire sea

immerse in twice daily yoga, breath practice, seasonal hatha yoga, yin and  
meditation practices  
supported by gorgeous healthy macro/ayurvedic meals

the women's retreat is small and personalised  
enjoy your own private king size room with ensuite.

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