



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 harmony and connection
be with nature

retreat makes it possible to quiet down relax
and return to inner wellbeing
this opportunity to reconnect and balance is found
in a beautiful location, surrounded by nature

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

retreat in a secluded location beneath the sacred mountain and the close by the
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.

enquiries: Gwynne Jones 0414 579 446

gwynne@gwynnejonesyoga.com

www.gwynnejonesyoga.com

