



yoga meditation retreat
15th - 18th april 2027

curraweena house
1033 gross vale road
kurrajong

3 day retreat

time away to slow down
immerse in yoga
restore healthful balance
some peaceful spaciousness of body heart mind

the retreat
2 yoga classes each day:
morning seasonal hatha yoga, pranayama and meditation
afternoon yin yoga pranayama yoga nidra meditation
all props and mats provided

relax and restore yourself in a beautiful quiet location
yoga . healthy nutritious food . time out



your retreat includes all yoga, accomodation and beautiful organic vegetarian meals

gentle time for bush walks, reading, relaxing

enjoy a massage (not included in retreat)

retreat is a powerful transformative time to
slow down
listen inwardly
allowing body mind and heart to restore
healthful balance and harmony





everyone is welcome

our beautiful meals are provided by
NJ at me and pantry catering







this retreat is limited to small group
book in to secure your place
own room (single occupancy) - $2200.
shared room (dual occupancy)$1800. per person
book your place with full payment by bank transfer
account name: gwynne jones
BSB: 732095 Acc No: 575272
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