

Transform!

yoga retreat

Refresh & revive with yoga, bush, delicious food and good company.

What to Expect

- Two yoga classes each day in the large, light filled yoga room
- Daily pranayama practice
- Led relaxations to totally unwind
- Guided meditations
- Talks on yoga philosophy
- All freshly prepared ayurvedic vegetarian meals
- Accommodation
- Massages (at extra cost)
- Beach trips & bush walks
- Space for reflection & planning
- FUN!

What Participants Say

"I feel lighter, stronger, more grounded, clear, balanced, content, happy, joyful, loved, appreciated, and appreciative."

"Thank you soooo much for an amazing week, have raved to all my friends and they are immensely jealous that I started the year in such a wholesome and fun way."



Enjoy an enlivening, insightful yoga experience with a delicious cleansing diet and great company.

A chance for newcomers to experience all aspects of yoga and increase vitality and agility. The time for experienced yoga students to deepen their practice, make great inroads with their flexibility and develop strength and focus.

Strengthen, lengthen, build agility and boost vitality.

Call 02 8904 0202 or visit www.life-source.com.au
Ask about early bird rates!



Join us on our next retreat
13 - 15 August 2010

Your guide @ Retreat



Remy and Life Source facilitators welcome you on this transformative experience.

Join facilitator Remy Quinter for three incredible days of yoga, inspiration and workshopping in this special weekend retreat getaway just for you.

This weekend is specially designed to allow every participant – regardless of experience or ability – to break through to a higher level of yoga practice. Reconnect and energise with powerful yoga asana classes to kick start a new practice or enrich an existing practice. Enjoy the deeply rejuvenating yin sessions to release the tensions. Balance the mind with breath work and meditation practices and seek the inner peace in you.

Wake up and be surrounded by nature. Move to a deeper place of relaxation. Discover how to play with your edges safely and confidently. Give yourself the well deserved chance to relax, rejuvenate and recharge. Transform your busy life into something centred, cool-headed and focused.

Our venue

The retreat centre is nestled in the bush near Stanwell Tops, one hour's drive south of Sydney and just five minutes from the beach. Expect expansive greenery and clear coastal waters.

Accommodation is in comfortable shared dormitory style rooms and shared bathrooms. (Limited ensuite rooms available at extra cost).

Here you can enjoy contemplation in nature and experience a deep sense of connection with all life. Discover a natural sense of peace and emerge clear, calm and refreshed.

Your investment Early bird saving!

\$435 when book and pay by 22 July

Normal price \$475

Single Dorm share bath (+\$100 p.p.)

Twin/Single ensuite (+\$120/240 p. p.)

More Info? www.life-source.com.au

Email: bliss@life-source.com.au

Or call: (02) 8904 0202

