



# KI YOGA RETREAT

# WOMEN'S WELLBEING

## DATE & TIME:

4pm Friday 5th November - 3pm Sunday 7th November 2010

## COST:

\$550 per person for share rooms

## VENUE:

Billabong Retreat Center, Maraylya  
[www.billabongretreat.com.au](http://www.billabongretreat.com.au)

## HOSTS:

Edwina Blush - Our Chef  
Sam Hillier, Bec Fish &  
Loraine Rushton -- Yoga Teachers

Towards the beginning of summer we hold a special retreat to nurture women's wellbeing. The supportive Ki Yoga therapy enables you to nourish and regenerate your whole being. Each meal will help to heal your digestive system and build blood quality to support you as a woman.

Create scrumptious sugar-free sweets with the hands on Healthy Sweet Treat workshop!

Rest! Rest! Rest! A common theme at our Women's Wellbeing Retreats...

## CONTACT:

Bec 0425 233 583 for enquiries and bookings.  
Email: [contact@sotaitherapies.com.au](mailto:contact@sotaitherapies.com.au)



FIRE



WOOD



EARTH



METAL



WATER