



KI YOGA RETREAT AUTUMN

DATE & TIME:

4pm Friday 26 March - 2pm Monday 29 March 2010.

COST:

\$550 per person or \$580 per person share King bed (couples only).

VENUE:

Bamarang Bush Retreat - On the peaceful Shoalhaven River near Nowra.
www.bushretreat.com.au

During the Autumn retreat we invite you to experience the benefits of releasing toxins from your large intestine and lungs. You may let go of old habits and digestive stagnation to restore clarity of mind, vitality of breath and optimism in your life. Wholesome organic meals by Edwina Blush, transformative Ki Yoga with Bec & Jeremy, fresh country air plus much more!

CONTACT:

Bec 0425 233 583 or Jeremy 0404 892 527 for enquiries and bookings.
Email: contact@sotaitherapies.com.au



METAL



WATER



WOOD



FIRE



EARTH