

# MOTHER AND DAUGHTER

WEEKEND RETREAT WITH MICHELE CHEVALLEY HEDGE & FIONA PARKER



WEEKEND OF FRIDAY 13 MAY - SUNDAY 15 MAY 2016

## BELLS AT KILLCARE, NSW

Join Nutritional Medicine Practitioner and author **Michele Chevalley Hedge** and founder of Ashtanga Yoga Space, **Fiona Parker** as they co-host this special weekend for mums and daughters, grandmothers and granddaughters, aunts and nieces, godmothers and godchildren....

### Your stay includes:

- 2 nights of luxury accommodation at BELLS AT KILLCARE Boutique Hotel & Spa for Mum and Daughter.
- Morning and evening yoga and meditation classes with Fiona (4 classes in all).
- 2 food and nutrition sessions with Michele:
  - *Good Mood Food & Uncover the Hidden Sugars*
  - *Discover a Balanced Body & Brain.*
- All healthy and nutritious meals planned by Michele, which reflect the nutritional values taught during this retreat.
- Bush walk thru National Park and Sunset Walks to the oceans beach and plenty of mother-daughter bonding time.

### Cost

**From \$1099.00 per person based on twin share in a King Spa Suite.**

For other room types and prices, please enquire.

Includes all your gourmet, healthy meals, classes, nutrition workshop and 5 star accommodation.

*Spa treatments, beverages and any further incidentals will be charged to your room account for payment on check out.*

### Bookings

Please email [kristy@bellsatkillcare.com.au](mailto:kristy@bellsatkillcare.com.au) or phone **02 4349 7000**

