

GRACEFUL POSTURE, LIGHT DIGESTION AND BALANCED MIND

ONE DAY RETREAT AND RESTORE *in* AVALON



Give a day of yoga & restoration to yourself & a friend

Fiona Pullen of Ashtanga Yoga Space would like to invite you for an intimate day of yoga, meditation & relaxation.

The retreat will be held at her home in Avalon, in Sydney's Northern Beaches. Approximately 45 mins from the city.

Yoga, Meditation & Restoration go hand in hand. They have been found to have the ability to:

- Lower cortisol levels
- Increase weight loss
- Balance the nervous system
- Greatly reduce stress & tension
- Improve mental function & focus

BOOK YOUR PLACE TODAY!

One-day Retreat \$220.00

Email Fiona at fiona@ashtangayogospace.com.au for payment details and more information.

Ensure your booking today. We will only be taking a maximum of 10 guests, to ensure everyone gets 'fully nourished'.

Dates - 2016

Wednesday 24th February
Wednesday 27th April
Wednesday 25th May
Wednesday 22nd June
Wednesday 27th July
Wednesday 31st August
Wednesday 26th October
Wednesday 23rd November

Location

Avalon – Address on Application

Time

11am	Arrival
11.15-1pm	Meditation, breathing & yoga practice
1-2.30pm	Nourishing Lunch
2.30-3.30pm	Yoga Philosophy & Yoga Nidra
3.30-4pm	Herbal teas & cleansing afternoon tea

What To Bring

Yoga mat, towel, blanket/eye bag, socks and layers for post practice. The day is very casual and comfortable.

For more information visit: ashtangayogospace.com.au