

Women's Retreat

“awaken to your sacred self”

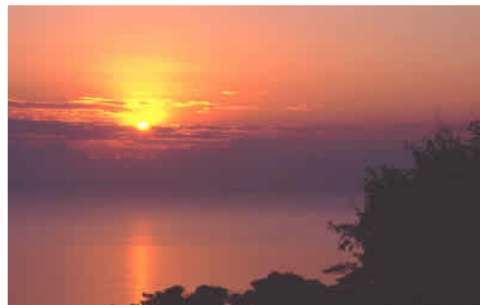
@ Sanctuary Retreat Mission Beach – Far North Queensland
with Susanne Calman



*take a sabbatical from your life & travel to a sanctuary where beauty & serenity meet
slow down, simplify, embrace time to be & re-discover what nourishes & inspires you
step back into your life renewed & replenished*

Saturday 31st July – Sunday 8th August 2010

8 nights & 6 days of yoga – 1 free day



daily programme

8 – 10am	Restore your body & rest your mind with Yoga.
10-11am	Breakfast
Free time	Time for reflection, walk in the beauty of nature, swim, have a massage
4.30-5.30pm (approx)	Self Care Practices to enliven your heart & soul
6.30pm (approx)	Group Dinner

Investment covers accommodation, morning yoga & afternoon self care practices. Gift pack (value \$60)

6 group vegetarian dinners (includes welcome dinner 31st July & farewell dinner 7th August)

Breakfast self cater or a-la-carte. Lunch a-la-carte, self cater or enjoy lunch at a café in Mission Beach

A free day is offered mid week so you can enjoy a sight seeing trip.



Rainforest Hut share
Rainforest Hut single

\$880.00 (shared bathroom facilities)
\$1104.00



Deluxe Canopy Cabin share
Deluxe Canopy Cabin single

\$1214.00 (own facilities)
\$1664.00

Enquiries / bookings seek@sanctuaryyogaretreats.com.au
www.sanctuaryyogaretreats.com.au
enquiries for the yoga – susanne@williamstownyoga.com.au

Susanne Calman is the founder of the Williamstown Yoga Centre with 21 yrs teaching experience & is a Reiki/Seichim Master/Intuitive Healer with 13 yrs experience. Her classes utilize all the gifts of yoga with visualizations, aromatherapy, acupressure, kinesiology, chakras, self-massage, inspirational verses, guided relaxation with crystal & intuitive healing. Creating opportunity for you to awaken to your sacred feminine power, intuition & wisdom in relation to your health & wellbeing. .