

FINDING BALANCE YOGA RETREAT

An opportunity to retreat from daily life, to unwind amidst serene natural surroundings, to practice & enhance your understanding of the holistic practice of yoga, enjoying wholesome nourishing meals in the company of like-minded souls
Nurturing and balancing your body , mind and soul.
Led by experienced physio & yoga therapist A-J Peterson and hosted by the Women's Healing Sanctuary.

Thursday 2nd - Sunday 5th October 2024



BODY

Balance your body with 2 gentle daily yoga practices focusing on; correct anatomical alignment & breath awareness, developing strength, flexibility & stability to allow your body to function optimally and to find balance. Balance your body as a whole.

MIND

Experience the profound benefits of Yoga nidra & meditation, enhancing mental clarity & fostering inner peace. Enjoy free time to contemplate and embrace the tranquility of the surroundings, swim in the lagoon pool or read under the trees beside the pond.

SOUL

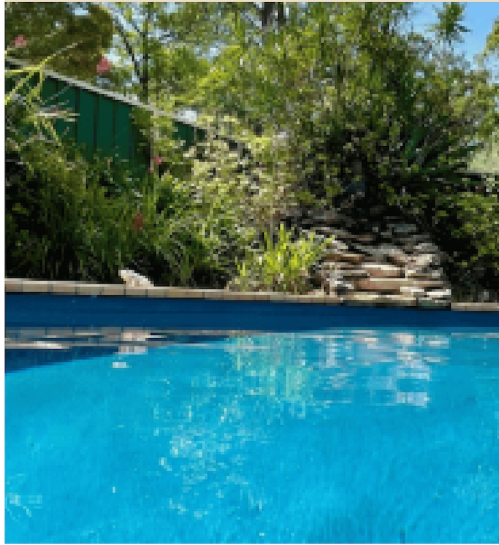
Nourish your body , mind and soul, awaken your inner vitality, tap into your heartfelt inner essence and leave rejuvenated, balanced and with a new sense of physical & mental harmony. Take time out to reset and balance your internal self.



- Single Room accommodation
- Twice daily yoga inc Yoga Nidra & Meditation
- Group Yoga Philosophy discussions
- Wholesome nourishing meals & snacks
- Free time to explore the grounds

Enquiries : aj@physiotherapyyoga.com.au
www.physiotherapyyoga.com.au





- Private single room accommodation.
- Twice daily yoga practice.
- Yoga Nidra & Meditation.
- Group Yoga Philosophy discussions.
- Wholesome nourishing meals & snacks.
- Free time to explore the grounds - 6 acres of countryside with a lilypond and lagoon pool.
- Massages available on request (extra).



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