

# Abundant Health & Yoga Retreat



This weekend workshop will empower you to connect with yourself in a way for you to know how to truly listen and respond to your body's language. You will enjoy a beautiful mix of sophisticated accommodation in a blissful rural location, delicious food amidst a tranquil atmosphere of gentle music, aromatherapy oils and supportive and like-minded people. It is a time to simplify and maximise harmony for your precious soul's journey through life. Your journey begins within.



Gentle guided yoga, pranayama and meditative visualisation will help you to tune into your intuition and listen to your heart. Pranayama leads to a sacred space where spirit and soul unite.

Yoga Nidra will bring you to a place between sleep and wakefulness. You will enjoy a state that your body and mind craves - a place where you are truly in deep relaxation. You are at your most intuitive and your heart centre is most open. The peace you feel needs to be experienced to be believed

Sharla and Jeannette are excited to offer a stunning line up of workshops to inspire you.

Sharla uses her wealth of knowledge and wisdom as a naturopath and herbalist to share her passion to lead you to find your power as a woman and gives a guide to health and vitality; you will discover the magic of flower essences and make your own to take home and learn how to heal you and your family from your own back yard – your backyard will become nature's pharmacy.

Jeannette is also a natural therapist and shares the art of hand reflexology (you will learn to give and receive treatments), and how to simply harmonise your energy for freedom from cause of disease and how this can profoundly change your life.

An investment in your health and well-being is \$595. This is all inclusive of accommodation, food and written resources. All you bring is your clothes, toiletries and a desire to relax, unwind and be amidst beautiful surroundings with like-minded people to learn how to improve your health and longevity – simply by relaxing and having fun.

