



Abundant Health & Yoga Retreat Program

November 6 - 8

Yoga Relaxation - Calming, deep, relaxing, beautiful.

Yoga - Skilfully applicable for those who are beginners on their yoga journey to those who are experienced. You will learn to connect with your inner sanctuary through asanas to gently stretch and nurture, pranayamas to energise and a calming deep relaxation session.

Workshop 1: learn healing Hand Reflexology - the hands contain all the reflexes found in the feet. Here you learn how to heal your own body and those of your friends through the gentle art of reflexology.

Yoga Nidra - sleep with the trace of awareness - the state between wakefulness and dream. Here the nature of your mind can be changes, diseases cured and your creative genius restored.

Workshop 2: Find your power - a women's guide to health and vitality - Health and vitality is more than just the absence of disease. It is living and breathing to your full energetic potential. Learn the secrets.

Backyard Farmacy - treat your family naturally from your own back yard - Your backyard is full of herbs and weeds with the power to heal and manage many health conditions. Find out about some of them. Make your own cream.

Workshop 3: How to harmonise our Energy - Jin Shin Jyutsu is a thousand year old art that will teach you how to change your thoughts, your focus and your life through finger connections. Easy to learn with profound life changing benefits.

Workshop 3: Magic of Flower Essences - make your own to take home - This ancient healing energy was popularised in the 1930's by Dr Edward Bach. Learn about their magic and make your own.