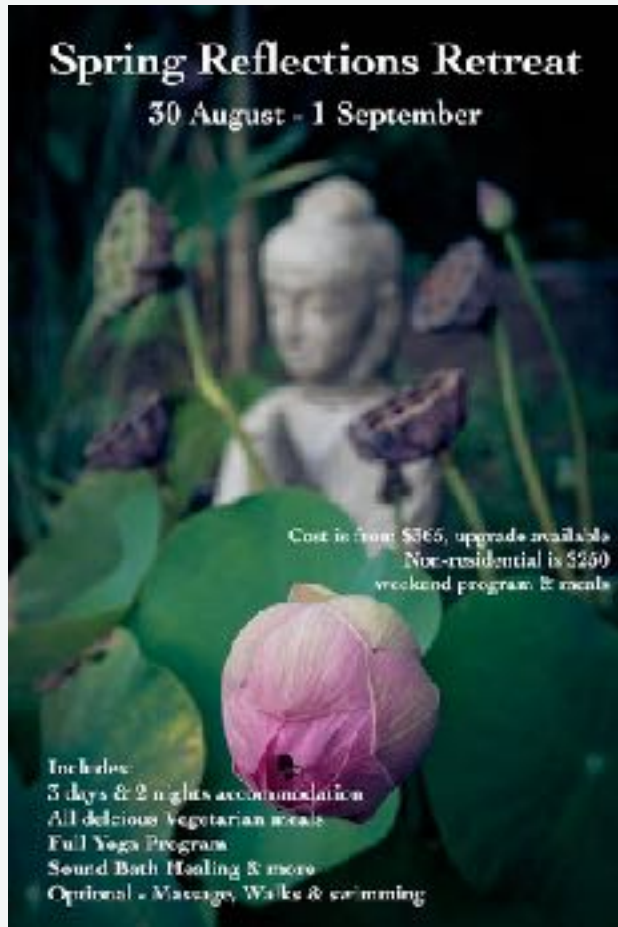


Spring Reflections Yoga Retreat

Narooma, 30 Aug - 1 Sept



Narooma is a beautiful and nurturing landscape, where the lake meets the ocean with sacred Mt Gulaga nearby.

This Spring Retreat will *support* you to journey from the winter stillness to the vernal energy of new beginnings. You will be *nourished* body, heart and mind with:

- ~ Nutritious and *delicious* food
- ~ A balanced Yoga program
- ~ *Gong Bath* with Sally Hutchison, Associate Teacher & Tutor, Sound Healing Academy.
- ~ Part of the proceeds go to an *Australian charity* - 'Share The Dignity', supporting Homeless women in need.
- ~ Therapeutic/relaxing *Massage* an optional extra, recommend to book in asap
- ~ Chakra Meditations & more

"Another fabulous retreat with Kate. Always a time of learning, reflections and connecting. Once again I will take this learning with me as I return to usual life. A special person who has been a gift to my life, Kat is". Edith Ishadi, Tuross Head.

Nourish ~ Reflect ~ Renew ~ Heal

"Experienced Yogis and complete beginners - you are welcome! This is your time to do as much or as little as you want. It's your time to relax, renew and take the rest you deserve in a generous environment where you will be guided & supported"

*Meditation; Postures; Vibrational Healing; Silence; Joy; Fun;
Nutritious Food; Deep Rest; Connection; & more*

Kathleen & Friends
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