



FRIDAY 10/11/17
YIN YOGA,
MEDITATION &
COOKING DAY
RETREAT WITH
MAYA BROSNAN

Friday 10/11/17
8am-5pm
Mermaid Beach

Gentle Yin Yoga
Class including
Guided Meditation
“The Physical
Effects of
Continuous Stress
on the Body”
Workshop
including Yoga
Wisdom,
pranayama &
Mantra
Meditation
“Emotional
Balance through
Iridology”
Intro Workshop
Yoga Nidra
Meditation

VEGETARIAN
COOKING CLASS

Lunch + morning +
 afternoon tea provided

Cost - \$120 – spaces
 limited, be quick!!

Early Bird –
 Book&Pay by
 30/9/17=\$99

Yours in Health and Wellness,

Maya Brosnan

Naturopathic Nutritionist & Iridologist
 Author of "KIS and Lose Weight"
 BHSc (Nutritional Medicine)
 info@mayabrosnan.com.au
 0404 085 856

www.mayabrosnan.com.au & www.kisandloseweight.com.au

