



FRIDAY 20/04/18 YIN YOGA, MEDITATION & COOKING DAY RETREAT WITH MAYA BROSNAN

**Friday 20/04/18
8am-5.30pm
Mermaid Beach**

**Gentle Yin Yoga
style 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&Kirtan**

VEGETARIAN COOKING CLASS

Lunch + morning +
afternoon tea provided

Cost - \$140 – spaces
limited, be quick!!

Early Bird –
Book&Pay by
10/4/18=\$120

Yours in Health and Wellness,

Maya Brosnan

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