

Women's Retreat

Hosted by **Reiki**
to you

Return to your natural
feminine rhythm, rest
& renew your spirit.



MEDITATION  HEALING SESSIONS
PYRAMID POWER  PORTABLE LABYRINTH
YOGA WITH CHRIS  ART WITH ELFIE  WORKSHOPS

When: Retreat begins Friday 22 June with dinner at 6.30pm
ends Sunday 24 June 2pm *Who:* Women (over 16 years)

Where: Fordsdale Farmstay, 171 Wagners Rd, Fordsdale
www.fordsdalefarmstay.com

Cost: \$350 before 1 May 2012, \$390 after 1 May 2012

Cost includes classes, vegetarian food, shared lodging, linen and an unforgettable experience. Payments in full due by 1 June.

Spaces limited to the first 8 women. Option for horse riding at extra cost.

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