

**EARLY BIRD: \$399 (until 16 August)**



# SPRING YOGA & CLEANSE WEEK

reset & renew your body • boost your immune system

**SEPTEMBER 16-20**

If you haven't tried our fantastic Yoga and Cleanse Week - you must! See the amazing results for yourself. This will have you feeling lifted spiritedly, physically, motivated to be the real you, forging ahead without the barriers that life or others can put on us. And allow you to be creative once again and be whatever you want to be manifesting new beginnings.

Spring is a time to lighten up and get rid of the heaviness of Winter, break old habits, set new standards, and form new behaviours.

The aim of the Spring Cleanse is to leave you with a clear sense of what supports you, and set you up with new possibilities in your LIFE that Spring time (new beginnings) has to offer.

In this 5 day Cleanse we'll nurture and support you, as you replenish mind and body, re-fuel your energy and boost your immune system. You'll walk away feeling OPEN and AMAZING in only 5 days.

**PRICE / \$450.00 EARLY BIRD: \$399 (until 16 August)**

**COMMENCES 6PM MONDAY 16 SEPT**

**EVENINGS Mon & Wed 6.00 - 8.00PM**

**MORNINGS Tues - Fri 6.00 - 7.00AM**

(5.15am start for jiggle and swim prior to class highly recommended to get best results.)

### WEEKLY PROGRAM INCLUDES

- 2 evening Yoga classes designed for the season
- 4 morning dynamic Yoga classes
- Group run and swim in the mornings prior to class (optional but highly recommended)
- 6 organic meals after each class packed with minerals
- Daily advice for each individual
- Natural soothing treatments

Zen Shitatsu Massages available in the comfort of your own home. Tue - Thurs - 90 minutes \$150.

More information including daily routine available upon booking OR contact Tania for more information.

**BOOKINGS ESSENTIAL • PAYMENT IN**

**ADVANCE TO GUARANTEE PLACE**

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