



PRANA RIDGE RETREAT

7 - 13 APRIL 2018 "Time for Self" - Practice, Reflection, Relaxation, Peace & Quiet

Graeme and Leonie welcome you to their home on Prana Ridge, 727 Williams Hill Road, South Arm, via Bowraville, New South Wales. Arrival Saturday, first class Sunday am, with casual departure following am yoga & breakfast Friday 13. Daily meditation and Ashtanga practice, informative practical afternoon sessions, scrumptious catered meals with time for resting & digesting or exploring the vibrant landscape of the Nambucca Valley. All yoga practitioners welcome. Limited to 8 participants.

'Glamping' accommodation available, with 4 art-style caravans or bring your own tent and camping gear. Facilities include a fully equipped camp kitchen, hot shower, compost loos and an open fireplace to snuggle around and enjoy the starry night skies.

Camping \$940 /+ hire tent \$1000 / Twin-Share Large Van \$1060 / Single \$1200 / Single Small Van \$1140

Retreat Cost includes yoga tuition, 2 gourmet meals per day + accommodation. Coffs Harbour Airport transfer on request, \$50 1-way

Enquiries & bookings, Leonie: ashtangayogachikitsa@gmail.com