

# PRANA RIDGE

Yoga Nature Dreaming

2023 RETREAT

~ OCTOBER ~

**Sunday 22 to Saturday 28**



*Graeme and Leonie invite you to rest and restore body, mind and senses  
Relaxing into the quiet, nurturing and peaceful rhythm of Yoga Nature on Prana Ridge*

## The Daily Routine

- ~ Sunrise meditation
- ~ Ashtanga self-practice
- ~ Afternoon sessions that draw from the deep well of Graeme's yoga wisdom & experiences.
- ~ Scrumptious meals, 'Made with Love' by Leonie.
- ~ Time to rest or explore: enjoy bush walks, our secluded fresh-water lake, good company, crackling fires and starry skies.

All Ashtanga levels welcome

Maximum 8 participants

Early booking recommended

## Accommodation Options

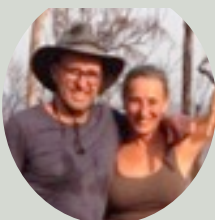
5 art-style vans; queen/double/twin/single with linen supplied. Bring your own tent & camping gear or hire one of ours.

Facilities include a fully equipped camp kitchen, hot shower, compost loos.

Price on enquiry: includes all yoga sessions, 2 gourmet meals/day, coffee/tea/fruit and 6 nights accommodation.

**Arrive: Sunday Oct 22**

**Depart: Saturday Oct 28**



Contact Leonie: [ashtangayogachikitsa@gmail.com](mailto:ashtangayogachikitsa@gmail.com)