



Yoga & Silent Meditation Retreat 6pm Thursday July 4 to Sunday July 7



Time will be dedicated to

Daily yoga, with a focus on Yin Yoga
Breath practices
Guided & self led meditation
Contemplation and reflection

The Intention

A retreat for those who want to deepen or discover the benefits of meditation. Stepping away from the business of day to day life and into yoga and silent contemplation.

A rare opportunity to witness, learn, connect and cultivate a deeper awareness of self.

The yoga practices will cater for all level with a focus on the meditative practice of yin yoga with meditation practices being a mix of guided and self-led. Your retreat will be shared in Noble Silence with others.

The Location

The venue is a quiet haven of 5 acres in Dwellingup, about an 1.20 minutes south of Perth. Most rooms are single occupancy, with a couple of shared room options available if requested. The rooms are a mix of ensuite or shared bathroom with one other room. Rooms will be allocated in order of bookings received. Linen and bathroom towels are provided.

All your vegetarian meals will be lovingly prepared for you. With vegan/dietary needs catered for. This is an alcohol free retreat

Single room occupancy

\$880

Shared room

\$720pp

A deposit of \$400 is required to secure your place with the balance payable at the end of May.

Please email me to book your place josephine@theyogapractice.net.au