

SPRING YOGA RETREAT with Doris & Urs "Dancing with the Elements"



Friday 27 September	3-4pm: settling into Mangarara Lodge opening ceremony light vegetarian dinner gentle yoga immersion with the water element
Saturday 28 September	discover the five elements through yoga, breath work and astrology all meals included fire ceremony in the evening
Sunday 29 September	discover the five elements through yoga, breath work and astrology all meals included with afternoon tea the last meal of the retreat the retreat finishes at 3pm

Cost:

Early bird rate till 28 June 2019: \$395, then \$450 (\$30/participant goes to Acorns – Child/Teenager Cancer Support HB)

As we require a certain number of participants to make this event happen, the cancellation conditions are as follows:

If we cancel the event, you will receive a full refund

If you cancel your attendance within 48 hours of our confirmation, you will receive a full refund

If you cancel your attendance later, there will be no refund. However, you are welcome to nominate a substitute

Included:

All delicious homemade vegetarian meals including drinks (no alcohol)

All teachings and materials used during the workshop

Accommodation in comfortable bunk rooms (max. 15 people). All linen provided

Shared bathrooms

Please bring:

Yoga mat / water bottle / warm clothing / journal / personal items / wetsuit for kayaking if you like

Check out beautiful Mangarara Lodge, about 45 minutes' drive from Havelock North

<https://www.mangarara.co.nz/>

Your hosts during the retreat:

Doris & Urs Blum, breathe YOGA in Havelock North, www.b-r-e-a-t-h-e.co.nz

