

# “FRESH START”

# YOGA RETREAT 2010

*WITH ANDREW MOURNEHIS*  
*FRIDAY 15<sup>TH</sup> - SUNDAY 17<sup>TH</sup> JAN 2010*

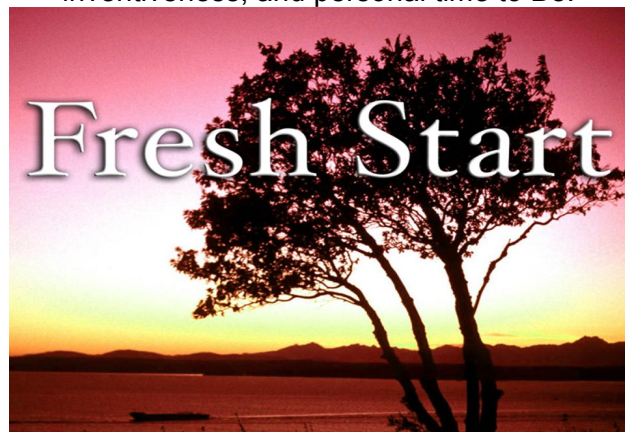
Are you of doing the same old things in the same old ways?

Are you ready for a change?

Are you ready for a new beginning and a Fresh Start?

Can you think of a more perfect way to start your New Year than a 3-day/ 2-night yoga retreat in the lush valleys of Healesville? Amongst soothing trees, open spaces of green and a wonderful hilltop to climb. Awaken to nature's morning symphony...breathe, stretch, relax, renew...swing in the afternoon breeze whilst listening to the wildlife calling you to your evening relaxation and yoga practice.

Consider a weekend of quiet, stillness, imagination, artistic expression, playfulness, inventiveness, and personal time to Be.



Come indulge yourself on a beautiful, joyful and tranquil weekend away. Start your year afresh with daily Yoga Practice, Meditation, Nature Walks, Creative Writing and Drawing and Fresh Start Workshops.

...a truly transformative weekend away...

**Venue:** Maitripa Contemplative Centre  
528 Myers Rd, Healesville 3777  
(Melway 270C1)

**Date:** Friday 15<sup>th</sup> Jan – Sunday 17<sup>th</sup> Jan 2010

**Investment: \$425 Early Bird Registration** paid by Monday 21<sup>st</sup> Dec 09  
Inclusive of All Yoga classes from Friday evening to Sunday noon, Meditations,  
Workshops and workshop materials, 2 nights accommodation,  
ALL meals from Friday Dinner to Sunday Lunch.

(Non Refundable Deposit of \$125 upon Reg / Balance by Monday 21<sup>st</sup> Dec 09)  
\$475 Full Rate after 21<sup>st</sup> Dec 09

**Numbers are limited so early expressions of interest are advised**

**For Registration please Contact:** Andrew Mournehis

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