

Mimosa Glen

HOMESTEAD • COTTAGE • WOOLSHED

Presents

Women in Balance

A blissful day of yoga and meditation, ideal for all levels of experience

Sunday March 18, 2018.

9.00am to 1.30pm

Enjoy a beautiful autumn day with likeminded women at Mimosa Glen Woolshed, relax, renew and become more mindful.

Yoga with Kate Robinson

Experience this unique chakra-based class, designed to rebalance your Ying and Yang energy. Kate will teach you how to focus on and control your breathing and become more present, helping you to calm your mind and ground yourself.

This class will feature focused poses that work with each chakra to balance and cleanse. It also includes a moving salute - to flush old energy away before you take part in a guided relaxation to wind down.

Mediation with Shelly Horkings

The cost of the day is \$97.00 which includes 2 yoga sessions and 2 meditation sessions as well as a delicious, healthy lunch.

Participants are required to bring their own water bottle, yoga mat, pillow and soft blanket.

Onsite accommodation is available by prior arrangement.

Additional autumn dates, Sunday April 22, Sunday May 20.

Please note bookings close two weeks prior to the event date and pre-payment is required.

For all inquiries, please phone Sue on 0438 568 570.

See the website for more information www.mimosaglen.com.au

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