



WOMEN'S FITNESS & YOGA STUDIO

HONOUR RETREAT

Honour your body with a nourishing weekend retreat for body, mind & soul

20th - 22nd April 2018

Enjoy a peaceful, rejuvenating weekend with Anna & Cindy and learn how to strengthen your body respect with yoga, mindful walking, fitness, meditation and activities. Or, just relax!

All activities optional but encouraged. Delicious soulful vegetarian meals & copious cups of tea!

Who is this for?

Women seeking a weekend escape who are interested in yoga and meditation and who are open to cultivating body-respect, exploring techniques to improve body image and learn how to honour the body's brilliant function over aesthetics.

Location

TBC - NSW peaceful retreat space

Package includes:

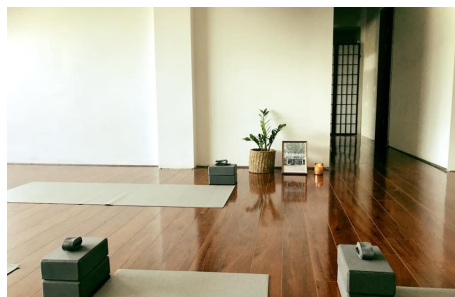
Accommodation
Delicious wholesome vegetarian meals
Unlimited tea & coffee

Bookings:

Full pricing \$495 | Haven members 10% saving (\$427.50) - use promo code: INNERCIRCLE10

Early-bird - \$395 (Limited spots - closes 15th March) - use promo code: EARLYBIRD20

[BOOK ONLINE NOW](#)



SCHEDULE

This schedule is a guide only and is subject to change. Final revised schedule will be sent 2 days prior

Friday

- 4pm - 6:30pm Arrival (If you cannot arrive by :6:30pm let us know - we can still accommodate you).
- 6:30pm - 7:30pm Dinner
- 7:30 - 8:30pm Yin Yoga + Meditation

Saturday

- 7 - 7:30 am Bushwalk / Walking Meditation
- 7:45 am - 8:30am Fitness Session
- 8:30am - 9:30am Breakfast
- 10:30am - 12:00pm Workshop / Yoga
- 12:30pm - 1:30pm Lunch
- Free time
- 4:00 - 5:30pm Yoga
- 6:00pm - 7:00pm Silent Candlelit Dinner
- 7:30 - 8:30pm Yin Yoga + Meditation

Sunday

- 7 - 7:30 am Bushwalk / Walking Meditation
- 7:45 am - 8:30am Fitness Session
- 8:30am - 9:30am Breakfast
- Free Time for packing & tidying
- 10:30am - 12:00pm Workshop / Yoga
- 12:30pm - 1:30pm Lunch
- Depart