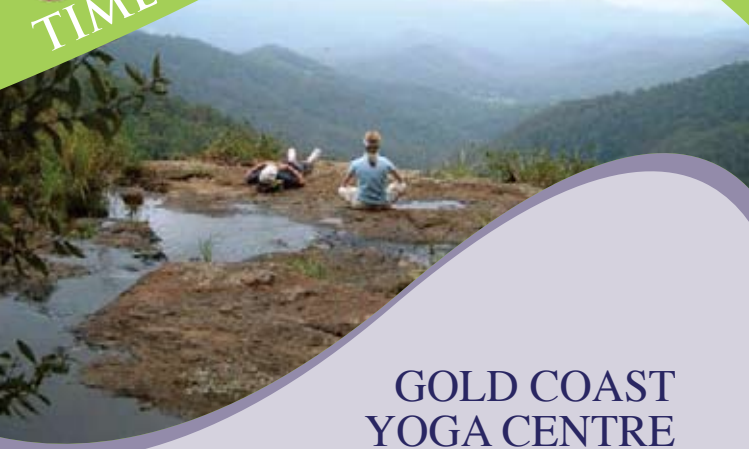




TIME TO SIMPLIFY, UNWIND



GOLD COAST
YOGA CENTRE

SPRINGBROOK RETREAT 2009

SPRINGBROOK THEOSOPHICAL
SOCIETY RETREAT CENTRE
2184 Springbrook Road, Springbrook, Qld

AUGUST 7TH-9TH 2009

BEAUTIFUL ENVIRONMENT • DELICIOUS FOOD
YOGA FOR BODY, MIND & SPIRIT
THE COMPANY OF FELLOW YOGIS
GREAT MUSIC • FOOD FOR THOUGHT
TIME TO YOURSELF



Gold Coast
Yoga Centre

INCLUDES

- FOUR YOGA SESSIONS.
- TWO YOGIC LIVING SESSIONS
- A MUSICAL TREAT
- DELICIOUS VEGETARIAN FOOD

Please notify at least 2 weeks if any food allergies or special needs. A fridge will be available for any supplements or special foods you may need to bring. Herbal teas & organic coffee supplied.

◦ YOGA IS IN THE LOVELY STONE HALL AND FOOD IN THE DINING ROOM WITH LOG FIRE ON CHILLY NIGHTS

◦ ACCOMODATION;

Simple, clean rooms with electric blankets and doonas to keep you cosy in the fresh mountain air.

◦ There are four rooms for couples, but most are single rooms with shared bathroom facilities. Please book early if a double room required.

TEACHER

Suzanne Gray, Director Gold Coast Yoga Centre.

"Yoga has brought me so many gifts over the last fifteen years, one of the greatest is being able to simplify. It brings an amazing sense of relief, and the space to restore and heal. A few days surrounded by trees and breathing pure air is the perfect way to get a sense of the freedom that comes from simply being."

ARRIVE

Anytime from 2.30 pm Friday 7th August

There will be a yoga class @ 4.30pm followed by brief orientation and the first of Marg's DELICIOUS meals. After dinner an evening activity, or early night if you prefer!

Directions & Full Schedule will be sent upon booking.

VERY EARLYBIRD \$296 BY 30TH MAY

EARLYBIRD \$325 BY JUNE 16TH

FULL PRICE \$350 (IF ANY PLACES LEFT)

TO BOOK:

email - yoga88@goldcoastyogacentre.com

phone - (07) 5534 2883



**Gold Coast
Yoga Centre**

