

YOGA *retreat*

6th - 8th September 2024 with JULIET FORCH Mana Retreat, Coromandel

The Magic of Yoga is in the Experience

On Retreat we give ourselves the opportunity to immerse fully in the Experience.

This weekend of Yoga will include : Active morning practices exploring movement; balanced with Restorative Yoga sessions; meditation and Yoga Nidra. The Yoga practice is multilevel with progressions offered - making it suitable for Beginners to those with years of practice. We will also Experience friendship; walks; body therapy sessions; and delicious vegetarian food.

Come and join me for a wonderful weekend of Yoga at the beautiful Mana Retreat Centre.





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About JULIET FORCH

Juliet has studied yoga since 1990. In 2000 she established the Papakura Yoga Centre where she is the principal teacher.

For more information about Juliet please visit: www.papakurayoga.co.nz

Registration at Mana Retreat is from 4pm to give you time to settle in. The Yoga Retreat begins with dinner at 6pm on Friday. It concludes on Sunday with lunch at 12pm.

More details about the retreat can be found here: www.manaretreat.com

FOR RESERVATIONS

Please contact Juliet Forch to book your place.

Email: info@papakurayoga.co.nz

Limited scholarships available - if financial hardship is an issue please contact Mana or Juliet. Cancellations prior to August 5th will be refunded minus a \$50 administration fee. Cancellations after August 5th will be refunded if your place can be filled from the waiting list minus a \$50 administration fee.