



# SPRING YOGA & MINDFULNESS RETREAT

3 BLISSFUL DAYS: 17-19 SEPTEMBER 2021

*Relax & rejuvenate*

FOR A 3-DAY WEEKEND RETREAT  
IN THE TRANQUIL AUSTRALIAN BUSH  
ONLY 90 MINUTES FROM SYDNEY

Set yourself up for a weekend of sound healing bowls, deep massage, yoga, nature, mindful meditation and delicious vegetarian cuisine & subtle body energy healing at Yogarama's 3 Day Yoga & Mindfulness Retreat.

Take this opportunity to connect with nature and nurture yourself through daily yoga & discover the ancient wisdom of yoga, meditation and energy healing to bring you back into balance, health and wellness. Most importantly you will learn new daily habits that can change the way you manage stress and transform you.

This intimate retreat is designed for yoga and meditation students of all levels from beginners to advance.

For committed yoga practitioners, the retreat will inspire a more in depth fine tuning of their practice, whilst those who are just starting out on their yoga journey will be gently guided to discover a new wisdom to connect your body, mind and breath for complete relaxation.

## RELAXATION

Spend your time relaxing in the hammock, by the warm cosy fires on a bush walk, reading books, drinking chai with friends or by the pool or nurturing yourself in the spa and sauna.

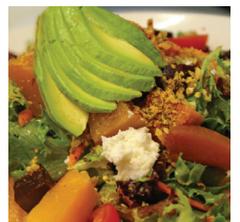
## DELICIOUS HOME-COOKED CUISINE

Imagine how you'll feel as you delight in being served breakfast, lunch and dinner with your new & ol' friends on our hand carved wooden table. Enjoy the tasty wholesome cuisine exquisitely prepared by our Swami Ayurveda Chef who has been invited in just for your retreat.

## WELLNESS PROGRAM

Our daily routine of nourishing walks, talks, yoga and meditation practice, will be supported by self-care activities exploring mindfulness, subtle body energy (chakra energy) and Ayurveda (sister science of yoga) with supportive essential oils. We'll delve into the benefits of yoga and mindful meditation for our well being. Learn new tools to help you destress, relax & rejuvenate.

**YOUR HOST:** **Daniella Goldberg** has practised yoga since the of age 5 & is teaching yoga outdoors, in nature, by the ocean. She hosts regular weekend and day retreats to empower others with the wisdom of the 2000 years old practice of yoga combined with modern mindful meditation to reduce stress and connect with the harmony of nature. As a medical scientist and yogi her life mantra is simple..."find your ease & prevent your dis-ease."



For more information contact: [daniella@yogarama.net](mailto:daniella@yogarama.net) [www.yogarama.net](http://www.yogarama.net)