



Winter Yoga

INTENSIVE Daylesford

JUNE 20TH & 21ST

DETAILS: Winter - 'Yoga for the Immune System'

Relax & renew, Join Frances @ Daylesford Hatha Yoga Studio for a Winter Solstice Yoga Intensive.

COSTS:

Drop-in	Session	3hrs	\$60
1- DAY	Workshop		\$110
2 Day	Intensive		\$200

Early bird : *book and pay before May 15th*

pay only \$180 for 2 days



*Join us for A
WINTER-inner
journey -.*

(accommodation not included)

Come and celebrate the shortest day of the year, the Winter Solstice is a time to go inward, reflect, take stock and nourish the self as you rest & await the spring time. The retreat will include yoga, meditation & inner energy balancing.

Hope to see you there.

Yoga Studio Location:

24 Raglan Street, DAYLESFORD.

Enrolment form: return to Frances or

text details to 0412 323 596 or

email: info@medireholos.com.au

Name : _____

Address : _____

Contact Numbers: _____

Booking request: single session.....1 day..... 2 days

Payment details: Bendigo Bank BSB: 633108

A/C: 131758476

The local area offers lots of accommodation options. For booking services

Ph: Daylesford Getaways 5348-4422

Daylesford Accommodation Booking Service 5348 -1448