



# VITALITY

*Retreat*

With Karla Brodie and Ilka Burkert

15 – 17 August 2014 Mana Retreat Centre



nourishment



energize



contemplation



movement



connection  
& community



rest



strength



environment



breathe

- Dynamic Pilates
- Restful Yoga
- Healthy, delicious food to nourish
- Time for rest and space for contemplation
- Walks in nature to inspire
- Feel restored by breathing well, resting deeply
- Learn creative and dynamic daily practices

- Connection and community with other women
- You will also be provided with a carefully constructed take home programme to support and inspire you beyond the retreat

**VITALITY**  
*Retreat*

With Karla Brodie and Ilka Burkert

When: 15-17 August 2014 // Bookings: [www.manaretreat.com](http://www.manaretreat.com) // price: \$540