




F  **R**
T **H** **E**
J  **O**
 **F**
R **E** **S** **T**

**A RESTORATIVE YOGA
RETREAT AT HOME
WITH KARLA BRODIE
AND NEAL GHOSHAL**

**CO-HOSTED BY MANA RETREAT CENTRE
13 • 14 JUNE**



**A RESTORATIVE YOGA
RETREAT AT HOME
WITH KARLA BRODIE
AND NEAL GHOSHAL**

CO-HOSTED BY MANA RETREAT CENTRE

13 • 14 JUNE 2020

IN THE DEEPEST DAYS OF WINTER THIS JOYOUS RETREAT
GIFTS SPACE TO REST, NOURISH AND REVITALISE.

JOIN US FOR THREE EASEFUL PRACTICES EACH DAY
FROM THE COMFORT OF YOUR HOME:

7.20 - 8am MORNING MEDITATION

9.30 - 11am GENTLE MOVEMENT + RESTORATIVE

3 - 4.30pm RESTORATIVE + IREST® YOGA NIDRA

SLIDING SCALE \$110 - 170

FOR MORE INFO:

WWW.KARLABRODIE.CO.NZ

WWW.SACREDMOVES.COM

BOOKINGS:

WWW.MANARETREAT.COM

07 866 8972