



Hummingbird • A weekend Yoga retreat with Karla Brodie  
Cultivating Yoga practice that is joyful and deeply restful  
November 2021 • Mana Retreat Centre, Coromandel

Join Karla for a weekend of regenerative movement practices

Restorative Yoga and wander walking  
complemented by nourishing, seasonal food and the land that is Mana

5.6.7 November 2021... Mana Retreat Centre, Coromandel

\$545 shared room (per person) or \$605 single room  
Prices include Yoga, accommodation and meals

For more info: [www.karlabrodie.co.nz](http://www.karlabrodie.co.nz)

Be artwork by Miranda Brown

Bookings: 07 866 8972 [www.manaretreat.com](http://www.manaretreat.com)



“Intuitive, honest, attentive, creative, joyful and full of expression – there’s something about Karla that speaks directly to your insides, and suddenly you realise you have a newfound conversation with your inner world as well as gaining a deeper experiential understanding of easeful breathing, balanced posture and integrated movement.”