



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

The Vitality Retreat is the only retreat that combines dynamic Pilates and restful Yoga with nourishing food, an inspiring setting, personal connection and time to relax and energise.

This is a retreat for women who lead full, busy lives and may not always prioritise physical balance, rest and time for themselves. The Vitality Retreat provides a life pause to unwind, nourish and energise.

You will have quality personalized education but also space to connect with other women and yourself. The

Vitality Retreat is fundamentally about the art and practice of receiving, giving back to ourselves, and nourishing the mind and body.

We believe that to gain true balance and wholeness, the body, mind and spirit need to be nurtured. You will experience:

- 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

Ilka and Karla (your teachers)

Ilka is an experienced and highly regarded Pilates teacher and Personal Trainer. She has a history of high level competitive gymnastics and wants to share her knowledge by helping you achieve your personal goals.

Karla is an experienced and qualified Yoga teacher. Her practical and intuitive approach to teaching leads students to a deeper experiential understanding of breath, balanced posture and integrated movement. Karla is inspired to share the practice of Yoga to enhance awareness of breath, movement and conscious rest in everyday life.

When: 15-17 August 2014 // **Bookings:** www.manaretreat.com, 07 866 8972 // price: \$540

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