




FAMILY YOGA

EASTER WEEKEND RETREAT

6-9 April 2012

- Nourish yourself with Yoga and meditative practices surrounded by nature
- While your children have creative play, Steiner led art and craft activities, nature walks and outdoor games
- Enjoy precious family time around a bonfire, chanting to live music, or simply time to explore...

Contact Natalia on 0419 271 371 or by email natalia@saffronrose.com for queries and bookings. Limited places!

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www.saffronrose.com 



FAMILY YOGA RETREAT

This wholesome retreat has been designed to be nourishing for you as individuals and for your children too. Govinda Valley, Otford is set in spectacular natural surroundings, lush bushland as well as pristine beaches, easily reachable, 1 hour by car or train from Sydney. Healthy delicious vegetarian cuisine caters for both adults and children. Activities are set for 'me' time as well as 'together' time, and are all hosted by trained professionals in their field of expertise; Fabio Fabbri, Natalia Perera and Lila Garcia.

Children's activities include art, craft, creative play, nature walks and outdoor games and will vary according to numbers, children and weather. Together time around a bonfire, Kirtan (chanting with live music), time to explore and relax. Available extras include horse-riding.

COSTS

 **SHARE ACCOMMODATION (3 NIGHTS, ACTIVITIES & ALL MEALS):**

1st adult \$620
2nd adult \$520
1st child \$320
2nd child \$220

 **CAMPING FACILITIES (3 NIGHTS, ACTIVITIES & ALL MEALS):**

1st adult \$440
2nd adult \$340
1st child \$240
2nd child \$140

Children under 2, under parental supervision are free.



DAILY

ROUTINES

 **FRIDAY:**

3:00 PM arrivals and opening ceremony
5:30 PM delicious vegetarian buffet dinner
6:30 – 7:30 PM bonfire and apple roasting



SATURDAY & SUNDAY:

8:00 AM wholesome breakfast
10:00 AM – 12:00 PM Hatha Yoga for adults/ Craft and Play for children
12:30 PM vegetarian lunch buffet and free family time
3:00 – 4:30 PM Relaxation Yoga session/ Story time for children
5:30 PM delicious

vegetarian buffet dinner
6:30 – 7:30 PM SAT: Kirtan, chanting together with live musicians/ SUN: Easter Yoga family games



MONDAY:

8:00 AM wholesome breakfast
10 – 12:00 PM Hatha Yoga for adults/ play activities for children and closing ceremony
12:30 PM vegetarian buffet lunch



No prior Yoga experience required and classes will be tailored to participants' needs. Please check www.saffronrose.com for further details and contact Natalia on 0419 271 371 or natalia@saffronrose.com for queries and bookings.