

Looking for a yoga and wellness weekend getaway?



Book your yoga retreat with us from 17–19 September 2010

Benefits include:

- a calmer mind
- release of tension
- boosted energy
- increased flexibility
- healthier sleeping patterns

Space is limited!

Retreat details:

Friday 17 to Sunday 19 September 2010

Time:

Arrival at 2.00pm on Friday, and departure at 11.00am on Sunday

Yoga class duration:

Between 1 hour and 1.5 hours

Where:

Q Station, North Head, Manly, Sydney

Investment:

From \$510 for a 2-night wellness getaway

**Call Q Station Reservations on 9466 1551
to reserve your space.**

www.skyelifestyle.com.au

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