

Immersion in the Centre

Space-yoga-qigong-just be-country-Seva



Adventure
14-20
May
2018

COME TO ALICE SPRINGS

Immerse yourself into the centre on a 6 night adventure, exploring the land, learning about the ancient wisdom, daily yoga in the outback, feel and sense the energy of open spaces and people.

Aneme Ware-“Just Be” 2 days of learning and being with country, trees, rivers, stories and aboriginal culture. Be still. Be guided into this wisdom by Mali and Aunty Lorna 2 elders of Alice Springs.

Walks in the beauty of the McDonnell Ranges
Daily yoga, qigong, stillness and movement.

Cost -\$3000 -twin share and breakfast
all transport-tours-workshops-art galleries-all meals
\$300 non refundable deposit-



journeying to explore
self, place and
purpose.

14-20 May
2018

\$3000

Twin share and Bkfast .
All transport and meals .
2 days cultural immersion.
Lots of yoga, qigong, breath,
mindfulness, dance .

Seva

Moving into beautiful spaces.

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www.vitalitymoves.com.au

Part of the philosophy of Vitalitymoves Retreats is Seva
Seva in Sanskrit (सेवा) is a service which is performed
without any expectation of result or award for
performing it. Such services can be performed to benefit
other human beings or society.

By committing to journeying to Alice Springs for a yoga
immersion you will participate in supporting local
business. A business that aims to create a retreat for
aboriginal grandmothers, allowing them to be together
and just be, free to sit, paint, discuss ideas, share stories
and BE.

**On this retreat our movement and stillness practices
will bring us to connect deeper to the land, learn and
gain some insight of aboriginal culture and wisdom.**

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