

# ***THE JOY OF SILENCE***



One day retreat

**SATURDAY**

9.30-4pm

Oct 5th

**Bring in the joy and balance** - with simple mindfulness wisdom, acknowledge the seasons, the yin and yang; give yourself a day of silence, stillness, meditation, yin yoga, qigong and dance .

Organic vegetarian lunch from the garden.

**\$100**

booking and payment essential

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