

# Bush and Beach Retreat

11-16 May 2024 Crescent Head NSW



## IMMERSE YOURSELF...

In a winter preparation retreat for 5 nights.

A rustic bush setting not far from the beach. With daily practices of gentle but invigorating yoga, qigong, dance exploration, meditation and creativity.

Deepening your sense of presence and inner stillness with a day of silence.

Sunrise beach walks and swims. All practices designed to connect you more deeply to your body mind and spirit.

All meals provided and are homemade, organic vegetarian style.

Accommodation is in fully equipped houses with open fires, lounge rooms and sundecks.

Single - \$1700 Limited spaces

Twin share - \$1550

Triple share - \$1300 bring 2 friends.

Camping a possibility.

Transport to and from Port Macquarie included.

11-16 May 2024

Goolawah Bush and Beach Resort  
Crescent Head NSW

Non Refundable deposit \$250 see website for cancellation policy.

Contact Michelle for more details

[www.vitalitymoves.com.au](http://www.vitalitymoves.com.au)

Email - [michelle@vitalitymoves.com.au](mailto:michelle@vitalitymoves.com.au)

mob 0409591094