

Yoga Retreat

A person is shown in silhouette against a bright, glowing background of a sun low on the horizon. The person's arms are raised, and they appear to be releasing or holding a shower of falling autumn leaves. The scene is bathed in warm, golden light, creating a sense of peace and connection with nature.

with Margaret Ferla

'Release in Autumn'

6 - 8 March 2015

*'Autumn is a second Spring
when every leaf is a flower.'*

- Albert Camus

A fresh seasonal
vegetarian experience

A weekend to let go of day-to-day busy-ness, deepen your Yoga, nourish your wellbeing and enjoy the finest of nature's beauty.



Date : 6 – 8 March 2015

Venue : Amarant Retreat

1475 Don Road, Don Valley, Victoria, 3139

Cost: \$835 per person/share. \$1025 per person/single.

Deposit of \$250 (non-refundable) paid on registration.

Full payment due 19th February.

Pause for a weekend in Autumn. Let go of your busy life to give time and nourishment to yourself. Work to strengthen your body and encourage a sense of physical and emotional well-being. Bask in the golden glow of autumn feeling full, flourishing and abundant. This glorious time of the year provides a perfect opportunity to quieten your mind, reflect and revive. Listen to the rhythm of Nature and connect to your own.

The Yoga classes include :

- Yoga postures and sequences
- Breathing practices
- Deep Relaxation
- Meditation
- Self Enquiry

The Retreat includes :

- 2 night's luxury accommodation
- fresh organic vegetarian meals
- time to wander, rest, read, chat and explore at your leisure
- touch, taste, listen and smell nature all around you to delight your senses

Sandie Hernandez our chef, will prepare creatively inspired meals with seasonal produce, freshly sourced and organic where possible, to be combined with beauty and flavour.

Our luxurious accommodation is **Amarant Retreat**. Set in a stunning valley within the Yarra Ranges, Amarant offers a nature experience to delight all your senses. It's secrets and treasures reveal themselves as nature intended, one step at a time. At one hour 20 minutes from Melbourne, it's an easy drive.

Margaret Joy Ferla : Margaret's passion and vibrancy for life translates through her Yoga classes that are heart-centred, alignment aware, balanced, mindful and well crafted. Her wise, unique and intuitive Yoga promotes self-awareness and personal transformations.



Registration and Enquiries to:

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