

# 'Namaste Yolngu Dreaming'

## A Yoga Holiday

At One Mile Beach, Nelson Bay

7-9th February 2014 (2 nights)

Our introductory offer for this new experience is only \$360 .

This is an intimate small group setting (8 places),

Includes: Yoga Circle sessions, 2 nights twin-share accommodation,

Pre-Dinner Cocktails/Mocktails and Dinner on Friday, Saturday,

Breakfasts, Sunday lunch. (Saturday lunch at a local café).

Massage Therapist available on site, pre-booking required.

Single supplement possible.

Join Nicole's 'Yoga Circle' teachings at 'Yolngu Dreaming', a special place created by our hosts, Phyllis and Phil, for those that seek tranquillity and peace. This fun, relaxing weekend includes a splash of yoga, meditation, conversations, laughter, beach walks (if you can leave the Billabong style pool!) and more relaxation.

Al Fresco dining with Mediterranean inspired cuisine completes this nurturing and rejuvenating time. Nicole invites you to escape to this dreaming place.

More details - Contact Nicole: M: 0404842601 E: [yogaventures@netspace.net.au](mailto:yogaventures@netspace.net.au)

