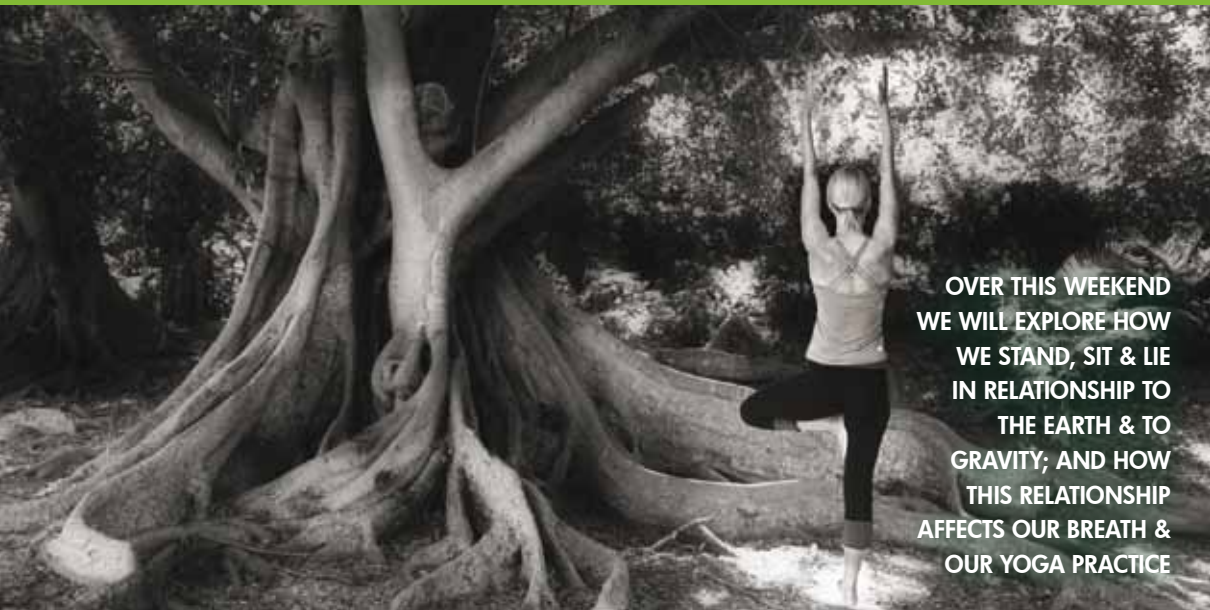


YOGA *retreat*

10-12 SEPTEMBER 2010 with JULIET FORCH at MANA RETREAT, COROMANDEL



OVER THIS WEEKEND
WE WILL EXPLORE HOW
WE STAND, SIT & LIE
IN RELATIONSHIP TO
THE EARTH & TO
GRAVITY; AND HOW
THIS RELATIONSHIP
AFFECTS OUR BREATH &
OUR YOGA PRACTICE



Juliet Forsh

Juliet has studied yoga since 1990.

In 2000 she established the Papakura Yoga Centre where she is the principal teacher.

Juliet has studied extensively with Donna Farhi. In 2005 she completed her Advanced Teacher Training and has assisted Donna on workshops, retreats and on her 2007 Teacher Training.

For enquiries regarding Yoga email juliet.forch@gmail.com

How to book your place

Cost: \$350 includes tuition, comfortable shared rooms with linens, delicious vegetarian meals and the use of all facilities.

The Yoga Retreat begins with dinner at **6pm on Friday**. Registration at Mana Retreat is from 4pm to give you time to settle in. It concludes on Sunday with **lunch at 12pm**.

For reservations

Contact Mana Retreat centre on 07 866 8972 email be@manaretreat.com or visit the website www.manaretreat.com

Cancellations prior to August 5th will be refunded minus a \$50 administration fee. Cancellations after August 5th will be refunded if your place can be filled from the waiting list minus a \$50 administration fee.

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