



Juliet Forch

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.

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 more info and 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.

YOGA *retreat*