

# Liberate Yourself

Learn how to leave the past in the past



**Liberating Women's Weekend Retreat**  
(June 27, 28 & 29) held at the beautiful  
sleepy village of Rhyll on Phillip Island

## **Empowering Relaxing Energising Liberating**

Topics covered:

- Relaxation
- Happiness
- Healthy Living
- Practical Yoga
- Energy Balancing
- Breath-control
- Stress Management
- Weight-loss
- Meditation
- Yoga as a Therapy
- Liberation

**Comfortable \* Nurturing \* Yoga Beginners Welcome**

*Qualified yoga teacher and yoga therapist*

*Jane Wiesner (president AAYT)*

**\$355** (all meals & accommodation included)

Small groups! Book now!

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