

Being Well presents:



**Here's what past attendees have said:**

*" . . . a life changing experience."*

*"It was wonderful - the yoga, the food, the philosophy, the company, the location - all way beyond my expectations."*

*"This weekend introduced me to a side of yoga I didn't know existed."*

*"Everything was perfect. - especially the happiness workshop. I feel more capable both in mind and body."*

**\$355**

All inclusive.

# The Art of Being Happy

## Women's Nurturing Weekend Retreat at Rhyll on Phillip Island 2008

Choose the weekend that suits you

- Apr 18-20
- May 23-25
- June 27-29
- July 25-27

From the moment you arrive you will feel the peace and quietness of a different pace. Simply take in the beautiful bay view, breathe in the energy of the sea and smell the freshness of country-sea air. Share in yoga classes, meditation, beach walks, relaxation sessions and guided nature walks. Pamper yourself - give yourself the time you deserve. Enjoy a scrumptious vegetarian menu. Use your free time to enjoy a beverage at the local cafés or explore the Bayside Bazaar.

### Booking Form

More information will be sent on receipt of your booking (shared accommodation)

Description	Qty	Price	Total
Preferred weekend (please tick) <input type="checkbox"/> April 18-20 <input type="checkbox"/> May 23-25 <input type="checkbox"/> June 27-29 <input type="checkbox"/> July 25-27 (Please note, there will be more weekends to come in 2008 - also see workshops 2008)		\$355	

(Group bookings or special occasion weekends can also be

**Total \$**

#### Details

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency contact details: \_\_\_\_\_

**Payment Method:**  Cheque  Money Order  Visa  Mastercard  EFT

Card Number: \_\_\_\_\_ Exp: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please make cheques payable to: **Being Well**  
Bank details for EFT: National Australia Bank, BSB 083 - 923 Account No. 53596 1940  
(If paying by EFT please notify of payment via fax or email)

**Prices are all inclusive - payment must be made at time of booking**

Mail, fax or email your order to:

**Being Well**  
PO Box 166, Black Rock, Vic. 3193 Australia  
Phone: 0418 379 949 Fax: 03 9588 0281  
Email: sales@beingwell.net.au www.yogaathome.com.au