

Being Well presents a Nurturing Weekend
for Women exploring:

The Art of Being Happy

- Yoga
- Relaxation
- Meditation
- Yoga philosophy
- Beach walks
- Nature walks
- Vegetarian cuisine

Weekends for 2008

- Apr 18 - 20
- May 23 - 25
- Jun 27 - 29
- Jul 25 - 27



Rhyll, Phillip Island

\$355

(All inclusive)

A weekend of health and healing presented by yoga teacher, yoga therapist and author **Jane Wiesner**. Jane is passionate about women's health and wellbeing.

Yoga model - Jane's daughter Kate Wiesner

No previous yoga experience necessary. All activities are optional.

Phillip Island Retreat

Discover the *Joy* in you

Joy is your birthright. Babies show us this - their natural bliss shines from within. Rediscover the joy in you with a weekend of self-nurturing and self-indulgence. Learn about the benefits of yoga - a wonderful tool for joyful living. Give yourself time away from the pressures of everyday life and become reacquainted with yourself.

Are you tired, stressed, pressured? These are all good reasons to get in touch with your inner needs at a retreat designed to de-stress, inspire and enlighten. Bayview Lodge is nestled on a hill overlooking Rhyll's tranquil waters. This sleepy fishing village is reminiscent of an old English hamlet, providing a perfect place to unwind and relax. The natural surroundings include a breathtaking walk that trails the bay and leads to the Mangroves. Experience the pleasure of nature's beauty while you rediscover your own joy-filled nature.

Let us take care of you for a while. You deserve it!

Namaste (Saluting the Light in You)
Jane

Please visit my website for more details

Bayview Lodge



The view



Immerse yourself
Friday night 'til Sunday Afternoon.

Being Well

For more information contact: Jane 0418 379 949 jane@beingwell.net.au
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