

Being Well presents a 1 day workshop  
for women exploring:

The art of being well & happy

- Yoga
- Relaxation
- Meditation
- Yoga philosophy
- Scrumptious cuisine

Workshops 2008  
Saturday:

- May 10th
- June 21st
- July 19th
- August 16th



Rhyll, Phillip Island  
**\$160** (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.

No previous yoga experience necessary. All activities are optional.

Yoga model - Jane's daughter Kate Wiesner

Wellness Workshop

Discover the *Joy* in you

Are you tired and stressed? Do you feel pressured? These are all good reasons to get in touch with your inner needs at a workshop designed to de-stress, inspire and enlighten. Enjoy a scrumptious lunch and explore themes such:

- The art of being well and happy*
- Losing weight through losing worry*
- Wellbeing and stress-management*
- Health, happiness and relaxation*

Joy is your birthright. Why not rediscover your own joy-filled nature.

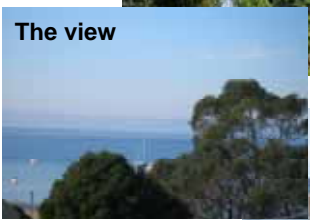
Namaste (Saluting the Light in You)

Jane

Please visit my website for more details



Bayview Lodge



The view



Immerse yourself in a day of happiness and relaxation

Being Well

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