

**Being Well presents:**



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

*"Thanks for such a wonderful day, I'll be back for more.."*

*"It was all so lovely. I really enjoyed the introduction to yoga and its philosophy. The food was amazing and it was great to spend the day in such positive female energy."*

*"This workshop was a life-changing experience for me. Thank you."*

*"Everything was great - I feel so much more connected in mind, body and spirit."*

**\$160**

All inclusive.

## The art of being well and happy

### 1 day workshops for women at Rhyll on Phillip Island 2008

Choose a day and theme that suits you

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

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 a day of contemplation, relaxation, insight and fun - including yoga postures and meditation and a scrumptious lunch. Pamper yourself - give yourself the time you deserve. Bring a friend and share the experience of finding joy with someone you love. (No previous yoga experience necessary.)

### Booking Form

More information will be sent on receipt of your booking - fees payable at time of booking.

Description	No. Of W/Shops	Price
Preferred workshop (please tick) <input type="checkbox"/> May <input type="checkbox"/> June <input type="checkbox"/> July <input type="checkbox"/> August (Please note, there will be more workshops to come later in 2008 - also see weekends retreats 2008) (All prices inc. GST)		160.00

**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**  
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 Phone: 0418 379 949 Fax: 03 9588 0281  
 Email: sales@beingwell.net.au www.yogaathome.com.au