

# YIN RETREAT TO MINDFULNESS

## 5 DAY YOGA RETREAT WITH ANNERIEK

**20 - 25 October 2019**

Wybalena, Byron Bay

**From \$1,450**

(includes all activities, meals and 5 nights accomodation)

[www.yoga4you.com.au](http://www.yoga4you.com.au)

**Location:**

Wybalena is a stunning 170 acre organic farm located in the Byron Bay Shire. A purpose built retreat centre with a yoga studio, infrared sauna, saltwater swimming pool and architecturally designed accommodation. The natural beauty, serenity and privacy of the property make it ideally suited for yoga, meditation and wellness retreats.

**Anneriek:**

Anneriek, with 18 years of experience in many yoga disciplines, has an unique ability to teach challenging practices in a light hearted and joyful way. She is very passionate about yoga and loves to share her knowledge to help create healthy bodies, peaceful minds and awareness in living.

**Program:**

'Mindfulness' simply means paying attention to the present moment. Practising mindfulness can help you to cope with everyday life and deal with tough times. It can also help you to concentrate, relax and be more productive.

In this beautiful yin retreat we will be slowing down, creating mindfulness in the present moment, listening to our inner voice of stillness. We will be working on our inner connection. As Jack Kornfield (mindfulness teacher, author founder of the Insight Meditation Society) says "When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves."

*"The little things? The little moments? They aren't little." – Jon Kabat-Zinn*

This 5 day retreat includes:

- Morning moving meditation,
- Yin Yoga sessions,
- Mindfulness activities,
- Evening session with self care activities,
- Plenty of time to relax,
- 5 nights accomodation in a unique location,
- Beautiful organic, vegetarian meals.

**This retreat is suitable for all levels, some yoga experience is recommended.**

**Prices:**

- Single from \$1,690
- Twin share: \$1,450
- Couple from \$2,650 (per couple)

Look on the website for more details: [www.yoga4you.com.au](http://www.yoga4you.com.au)

Numbers are limited. A \$300 deposit is required to secure your spot.

Price includes: Multiple daily yoga sessions, morning moving meditation, afternoon/evening theme related activities, 8 nights in unique accomodation, Delicious vegetarian breakfast, lunch and dinner, 1 traditional Thai massage, yoga studio and retreat facilities.

**More info and booking: [www.yoga4you.com.au](http://www.yoga4you.com.au)**

