



PAUSE - REFLECT - RECONNECT

Spring Reset Retreat - October 4-7, 2024

Heartspace Retreat, Yass Valley

A **rejuvenating retreat** where the **ancient wisdom of yoga** meets **modern psychological principles**.

Under the guidance of **renowned Psychologist & ABC Radio Presenter, Sue Read**, and **Yoga Teacher & Counsellor, Lulu Henley**, join us to **revitalize your body, calm your mind, and reconnect with nature** amidst the **breathtaking landscapes** of Yass Valley.

Mind - Body - Breath - Heart

- ✦ Yoga, mindfulness, breathwork, self compassion and sound healing workshops guided by two seasoned facilitators
- ✦ A 3-night stay in the tranquillity of a boutique eco-luxe yoga retreat
- ✦ Enriching health workshops, and nutritious organic meals from our in-house biodynamic chef to enhance your wellness journey
- ✦ An all inclusive retreat strengthening your wellbeing for \$1,695 (earlybird rate \$1,595 until 1 Sept. 2024)



Ready to rejuvenate?

To secure your retreat now contact us at

info@lifeunlimited.com.au or

luluhenley88@gmail.com

