

Body Conditioning and Mind-Body Awareness through Yoga, Pilates and Qi-gong

With Edna Levy



Learn to use those powerful, beautiful techniques to enhance flow, grace and ease of movement.

Explore new, exciting, innovative exercises based and inspired by those techniques.

Make this retreat your opportunity to come a step forwards towards creating the body you want, a body that is pain-free, injury-free, a mindful body!

Awaken the conscious awareness of how you move and learn safer, healthier movement patterns that empower your centre.

This retreat is for any body-aware people of any age and fitness level who have tried any one of these modalities and seek further and deeper insight...

Mana is situated on a 120-hectare farm of rolling hills and bush overlooking the sea just south of Coromandel township.

Cost: \$380 includes accommodation, all meals (Vegetarian/Organic) and tuition.

Start: Friday March 16 Registration 4pm, Dinner 6pm

To register please pay \$100 deposit by Visa/Mastercard at our on-line secure site or by direct credit to bank account 02-0304-0312089-000, or mail a cheque to Mana Retreat Centre.

Cancellation: 10 days or more prior to course deposit is fully transferable to another course (within 12 months), or refunded less \$30 fee; within 10 days of course forfeits deposit.

More information:

Mana Retreat Centre:

Tel: 07 866 8972

Email: be@manaretreat.com

www.manaretreat.com

Edna Levy (Facilitator)

Tel: 09 5219482

Email: edna@bodylight.co.nz

www.bodylight.co.nz

