

Yoga & Meditation
& Relaxation -

5 day Silent Retreats

Brahma Kumaris Centre

150 Macarthur Drive, Wilton NSW 2571

with **Kate Pell**

5 Day Retreat for the public

26 Sept - 1 Oct, starts 5pm & finishes 3pm on 1 Oct 2019

Retreat price \$1000 all inclusive
(beautiful vegetarian food, warm and comfortable 2 beds per
room accommodation, all teachings, lovely surroundings)

5 Day Retreat for the public

31 Oct - 5 Nov, starts 5pm & finishes 3pm on 5 Nov 2019

Retreat price \$1000 all inclusive
(beautiful vegetarian food, warm and comfortable 2 beds per
room accommodation, all teachings, lovely surroundings)

These retreats are designed to give you the time, space and guidance to practice simple mindfulness techniques which assist in the creation of refreshing positive perspectives to one's life. Mindfulness practices nourish and develop a deepened Self understanding, Self acceptance and Self awareness, all which lead to the long lasting benefits of a happy heart-mind. One or more days in silence is a rare gift in this busy world and allows for a deeply nourishing experience

Bowral **YOGA** Studio

For more information contact
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