

*True Retreats with Vanessa Jean...
A Way of Being...A way of Life*

REST. REJUVENATE. RETREAT.

- ❖ *Do you long for peace, stillness & deep relaxation*
- ❖ *Would you love to be pampered and nurtured*
- ❖ *Would you like to know how to bring deep peace and harmony into your everyday life?*

ON THIS RETREAT, YOU WILL ENJOY:

- ❖ **A WEEKEND FULL OF GIFTS & SURPRISES**
- ❖ **DEEP NURTURING AND TRUE RELAXATION**
 - ❖ **DELICIOUS ORGANIC CUISINE**
- ❖ **MEDITATION AND RELAXATION TECHNIQUES YOU CAN TAKE HOME**
 - ❖ **IN-HOUSE MASSAGE**
 - ❖ **HEAVENLY SOUNDS OF NATURE**
- ❖ **SOUND HEALING JOURNEYS WITH TONING, CHANTING & CRYSTAL SINGING BOWLS**
 - ❖ **BUSH WALKS**
 - ❖ **LIVE MUSIC**

By the time you leave, you will know how to be calm and confident in your everyday life...and feel joy and at peace

THIS ALL INCLUSIVE WEEKEND IS ONLY \$585PP OR \$485PP FOR CPLS/FRIENDS

WHERE: PERTH HILLS LOCATION

WHEN: FRI 10TH JUNE, 4PM – SUN 12TH JUNE, 4PM

PHONE: VANESSA JEAN 0410 421 213

EMAIL: naturesymphony1@yahoo.com.au