

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 DAY FULL OF GIFTS & SURPRISES
- ❖ DEEP NURTURING AND TRUE RELAXATION
- ❖ DELICIOUS ORGANIC CUISINE
- ❖ MEDITATION AND RELAXATION TECHNIQUES YOU CAN TAKE HOME
- ❖ HEAVENLY SOUNDS OF NATURE
- ❖ SOUND HEALING JOURNEYS WITH TONING, CHANTING & CRYSTAL SINGING BOWLS
- ❖ YOGA
- ❖ LIVE MUSIC WITH THE MAGNIFICENT DEVA RAJE

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

WHERE: A PLACE TO JUST BE

ADDRESS: 4A PRESTON POINT, EAST FREMANTLE

WHEN: SUNDAY, 29TH MAY; 10AM-5PM

THIS DAY OF TRUE RETREAT IS ONLY \$120PP (ALL INC)

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