

# Women's Wellbeing Weekend

- yoga and meditation
- reflexology
- facials
- tai chi
- beach walks
- massage option
- organic, vegetarian meals
- well-being workshops
- ... more

refresh  
rejuvenate  
revive

12th to 14th February • Niche Sanctuary, Deep Bay, Cygnet



## Special opportunity:

Colour and style session with Australia's leading image advisor, Helen Robinett. You will enjoy a one-on-one consultation where you will discover your signature colours, style expressions and receive your own colour wheel and personalised shape guide. Value: \$380. Well-being weekend special: \$250.



For more information  
and to book your place visit:  
[web.me.com/yogainhobart/WellnessWeekend/Welcome.html](http://web.me.com/yogainhobart/WellnessWeekend/Welcome.html)  
info : 03 6223 2537 or [liila@ozemail.com.au](mailto:liila@ozemail.com.au)  
Price: \$299 includes all meals, accommodation, workshops, facial, yoga.  
Massage available for \$50 / 45 mins