

Rainbow Lake

You deserve time out to recharge before the Christmas rush. Join us for a day to remember.

Come to our beautiful surroundings for a day of meditation and gentle yoga. Experience the art and ancient wisdom of meditation and classical yoga that will enhance your mind, body and spirit connection.

Anne Wilson and Jo Colcott work together to share their passions and give you skills to nurture your soul and meet like minded people. Jo is a qualified and experienced yoga teacher, with both adult and children's yoga. Anne has been a practicing meditation teacher, psychotherapist, hypnotherapist and esoteric healer for many years.



Healings will be available on request on the day. Private yoga tuition can also be scheduled.

Lunch is provided.

YOGA & MEDITATION RETREAT

- recharge before christmas -

10AM - 4PM SUNDAY 16 DECEMBER

163 Stoney Creek Road,
Upper Beaconsfield

Phone 59 444 785 or 0425 727 489
for bookings and enquiries