

Embody Your Spirit

*A Sacred Women's Retreat to Rejuvenate Your Body
and Reignite Your Spirit*



Embody Your Spirit is about Women coming home. It is about Women being able to understand their bodies, understand themselves, their emotions, feelings and thoughts and how they relate to living their lives to the fullest.

By fully living in our wholeness we bring powerful energy to ourselves, our relationships and our world. We become the epitome of Strength, Purpose and Love when we are able to know ourselves and translate that to the World around us. Imagine shining your True Essence to all who meet you. What would that bring, change and create in your world?

9-11 August 2013
Gold Coast Hinterland
Workshops, Accommodation & Meals Included

www.embodyyourspirit.com.au

Program of Events

Friday 9th August	Saturday 10th August	Sunday 11th August
4pm Arrival & Cabin Allocation	630am Early Morning Yoga <i>With Mindful Living Yoga</i>	630am Early Morning Yoga <i>With Mindful Living Yoga</i>
530pm Light Supper	800am Breakfast	800am Breakfast
700pm Welcome Circle	900am Secret Offering <i>With Sacred Hearth</i>	900am Flute Dreaming Circle <i>with Claudia</i>
	1100am Nia Dance <i>Honouring your Sacred Vessel with Lisa Silverstone</i>	1100am Gateways to Wisdom <i>With Aello</i>
	100pm Lunch	1230pm Lunch
	200pm Transformational Tarot <i>with Full Moon Tarot</i>	130pm Closing Ceremony
	330pm Discover Your Personal Law with Leesa	200pm Mini Market Stalls
	600pm Dinner	And Loads of Extras – So Stay tuned
	700pm Secret Offering <i>With Serpentine Moon Around the Fire</i>	Book your place today at www.embodyyourspirit.com.au

All of this \$300
Includes Meals & Cabins

Special
Pay only \$250
before 30 June