

# YOGA *retreat*

25 -27 MAY 2018 with JULIET FORCH at RIVERSLEA RETREAT CENTRE, WELLINGTON



OVER THIS WEEKEND  
WE WILL EXPLORE HOW  
WE STAND, SIT & LIE  
IN RELATIONSHIP TO  
THE EARTH & TO  
GRAVITY; AND HOW  
THIS RELATIONSHIP  
AFFECTS OUR BREATH &  
OUR YOGA PRACTICE



juliet  
forch

Juliet has studied Yoga since 1990. In 2000 she established the Papakura Yoga Centre where she is the principal teacher.

Juliet is a Senior Associate teacher with Donna Farhi, with whom she continues to study and assist.

For enquiries regarding Yoga visit [julietforch.co.nz](http://julietforch.co.nz) or email [juliet.forch@gmail.com](mailto:juliet.forch@gmail.com)

## How to book your place

Cost: **\$440** includes tuition, comfortable shared rooms with linens, delicious vegetarian meals and the use of all facilities.

The Yoga Retreat begins with dinner at **6pm on Friday**. People are welcome to arrive from 3pm. Followed with a Restorative Yoga class at 7.35pm. It concludes on Sunday with **lunch at 12pm**.

## For reservations

Contact: Charlotte Hathaway  
022 648 8007 Or  
Juliet Forch: [juliet.forch@gmail.com](mailto:juliet.forch@gmail.com)

Cancellations prior to May 20th will be refunded minus a \$50 administration fee. Cancellations after May 20th will be refunded if your place can be filled from the waiting list, minus a \$50 administration fee.

# YOGA *retreat*

25 - 27 MAY 2018