

Juliet Forch

MANA RETREAT
8-10 SEPTEMBER 2017

| YOGA



with JULIET FORCH at MANA RETREAT, COROMANDEL

Over this weekend we will explore how Asana can be a sequence of dynamic movements. The transitions (how we move) being as important as the “pose”.

As we learn to actively direct force clearly through the body we find optimal alignment through an integrated relationship with the ground, space and our environment.



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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 or email 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 of Friday**. Registration at Mana Retreat is from 4pm to give you time to settle in. It concludes on Sunday with **lunch at 12pm**.

Contact Mana Retreat centre on 07 866 8972.

email: be@manaretreat.com or visit the website: www.manaretreat.com

Cancellations prior to August 5th will be refunded minus a \$50 administration fee.

Cancellations after August 5th will be refunded if your place can be filled from the waiting list, minus a \$50 administration fee.

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