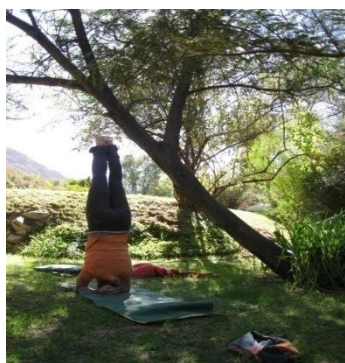


Yoga, Nature walks and Meditation Retreat

25 November to 29 November 2017



Join me on a rustic Klein Karoo farm at the foot of the Anysberg Nature Reserve. We will explore the Yamas and Niyamas in asana, pranayama, walks, rest and meals. Allow the beautiful quiet and safe surrounds to drop you deeply into yourself.



The focus will be on deepening our yoga practice by exploring the first 2 steps on our yoga path. The Yamas and Niyamas which precede Asana and pranayama on the path to meditation.

Guided walks offered.

Free time can be spent swimming in the spring water pool, walking, reading, writing or sleeping!

Investment: R 3500 sharing :

- 2 daily yoga classes (morn and eve)
- 3 tasty, energising fresh meals daily (vegetarian/ vegan options)
- Daily discussions on yamas and niyamas

You will return home with a finely tuned, replenished body, mind and soul.

Your host, Rene Lambert, is a qualified Remedial yoga therapist, Ayurvedic practitioner, lecturer and director at the Academy of Yoga and Ayurveda. She has been teaching for 17 years and practising Massage and reflexology for 30 years.

Contact Rene: Email rene@seedtoflower.co.za or 0768156664

