Yoga Retreat with Juliet Forch

25th May – 27th May 2018

Over this weekend we will explore how we stand, sit and lie in relationship to the earth

and to gravity; And how this relationship affects our breath and our yoga practice.

**HOW TO BOOK**





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](mailto:juliet.forch@gmail.com)

**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 I 2pm.**

Contact: Charlotte Hathaway 027 566 0704

email: [charlotte.h@actrix.co.nz](mailto:charlotte.h@actrix.co.nz)

For more information on Riverslea, visit their website: **riverslearetreat.co.nz**

Cancellations prior to May 15th will be refunded minus a $50 administration fee.

Cancellations after May 15th will

be refunded if your place can be filled from the waiting list, minus a $50 administration fee.

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