

Yoga & Meditation Retreat Opening Your Heart with special guest Kavisha Mazzella



Wellsford Forest Retreat

Start: Friday 10th September 2010 6pm

Close: Sunday 12th September 2010 2pm



Kavisha Mazzella

**Aria Award Singer Song Writer and
Composer of the Women's Anthem Love
and Justice**

Open your heart with meditation through sacred
chants include Vedic, Buddhist, Sufi and Christian .

Shilamurti invites you to a weekend of yoga movement, breath, silence and sound along with bush walking and the finest vegetarian food, laughter and friendship. Massage and Vibrational Healing (opt) available during the retreat creating a complete nurturing experience for all who attend. Numbers limited. No experience necessary.

**\$315 Inc GST Full Price
(bookings close 30th August)
\$295 Inc GST Earlybird
(close 26th July)
\$295 inc GST Concession**

Payment in full by closing date two weeks prior to retreat
deposit welcome.

Shilamurti/Cheryl Floyd
Ph. 54484121 M. 0418356310
www.wellsfordforestretreat.com