

11th October...

A little Sage update 🌿 This week's classes + what's coming up

Sage update for the week ahead, plus a few things to pop in your diary for October! 🌿

Hello lovely people,

THIS WEEK AT SAGE

I'm off to Melbourne for work at the end of the week, which means I'll unfortunately miss our Wednesday and Thursday classes. I genuinely hate not being here 52 weeks of the year (I really do try!), but every now and then life and work get in the way.

So, to make up for it a little, I've added a special **Yin & Sound class on Tuesday at 5.30pm.**

Your two opportunities to roll out the mat this week are:

✨ Monday 5.30pm – Flow

✨ Tuesday 5.30pm – Special Yin & Sound

Come and move, stretch, soften and settle in with us.

COMING UP IN OCTOBER

🌿 Sound Healing – Wednesday 28 October

A little something different is in store for this one. More details coming soon, but if you love our sound sessions, keep this date free! Or book now

🌸 Spring Day Retreat – Saturday 31 October

If you're craving a day to pause, put the to-do list aside, fill your own cup and reconnect with yourself, this is your invitation. Think time to breathe, receive, reflect, enjoy good food and welcome the energy of spring.

Numbers are limited, so don't leave it too late. Bring a friend, make a friend — or simply come as you are. 💛

LET'S FIND OUR MEDITATION RHYTHM

I'd also love your help with something.

We once had a beautiful little crew gathering for Thursday morning meditation, but over time the numbers dwindled. I've since tried Wednesday evenings, but we haven't quite found our groove.

And I know life is busy. Sometimes we want to meditate, we know it does us good, and yet somehow it's the first thing to slip off the list!

So, if you've been sitting on the sidelines, thinking you might come along, consider this your gentle nudge. And if you've been meaning to return, I'd love to see you again.

Over the next four weeks, I'm going to alternate between Wednesday evening (after Yin) and Thursday morning to see what works best.

I'd really love your feedback — which day and time would make it easier for you to come along regularly? I want to find a rhythm that works for our community and gives meditation a consistent place at Sage.

More details on the upcoming sessions will be shared on socials, too, as we welcome a few new faces into the mix.

As always, thank you for being part of our little Sage community. Whether you're on the mat every week or haven't made it through the door for a while, there's always a place for you here.

See you soon,

Kylie x 🌿 0418228789

SPRING

Day Retreat

What if, before the year gets any busier, you simply stopped? A whole day to breathe, soften, connect and take care of yourself. Join us at Sage Manor for a beautiful women's day of:

- 🌿 Connection & women's circle
- 🌿 Guided meditation / Gentle movement & breath
- 🌿 Gentle movement & breathwork
- 🌿 Sound — both creating and receiving
- 🌿 Reflection & self-care
- 🌿 Nourishing food & plenty of time to connect
- 🌿 A beautiful spring flower-making experience
- 🌿 A deeply restorative day for you

Pause. Receive. Reconnect. Fill your cup.



31ST OCTOBER
9AM - 4 PM



SAGE MANOR BOWRAL



\$239 EARLY BIRD / \$299 NORMALLY



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