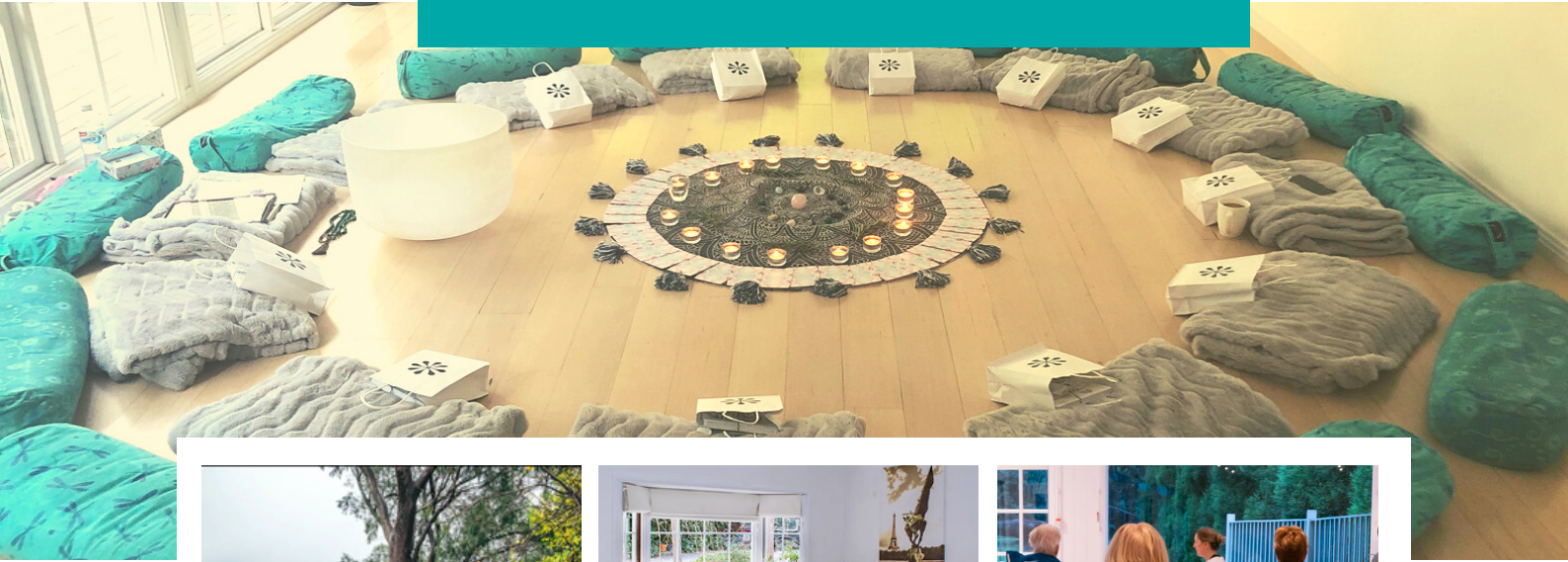


**November 17-18-19**



## *A Weekend of Wellness & Fun*

### **Sage Manor Bowral**

Yoga, resting, walking, eating, relaxing all the good stuff.

Combining yoga twice daily, meditation, education & fun via our workshops, and of course, nourishing wholefoods. We aim to give you a magical weekend experience to take some time out for yourself. Suitable for beginners or more advanced yogis.

**\$780 per person - share accommodation**

**\$890 single share - one only**

#### **2 nights - 3 days**

Price includes all meals, & snacks, organic linen & luxury bath towels.

Your host Kylie is a senior Sydney yoga teacher, and studio owner; classes will be Hatha, Vinyasa Flow, Restorative and Yin.

Immersive Sound Healing

Massages available on site at an extra cost. All workshops included.



For more information or to book [Kylie@sagemanorbowral.com.au](mailto:Kylie@sagemanorbowral.com.au) or 0418 228789