

NOURISH YOGA WEEKENDS

INSPIRE | REJUVENATE | PAMPER | ENERGIZE

WHANGA VISTA IN WHANGAMATA, NEW ZEALAND

FEBRUARY 13 - 15, 2015 | MARCH 13 - 15, 2015

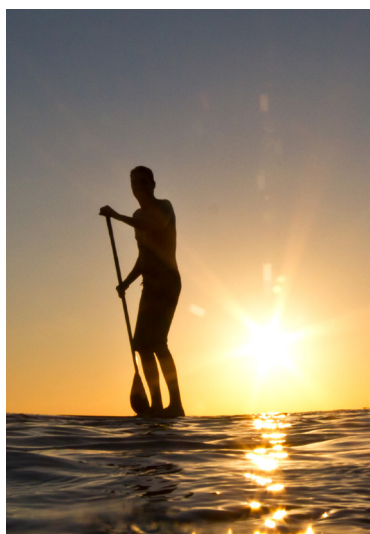
Imagine yourself at a beautiful beach with morning yoga, healthy food and good friends. Pamper yourself with a weekend away, a salt water pool and a view that's UNREAL. Learn how to make healthy habits a reality with the experts.

EACH RETREAT INCLUDES

- 2 nights/3 days Accommodations
- 6 Healthy Meals (Friday dinner to Sunday lunch): Whole Foods, Vegan, & Gluten Free (Fish Optional)
- Daily Yoga Classes
- Medicine Cabinet Makeover: Natural Healthcare Remedies for Everything
- Yoga Anatomy Workshop: Proper Positioning for Maximum Benefit
- Healthy Eating for Your Body Workshop and Raw Food Education
- Natural Health Care Workshop: The Glow Workshop with Sarah from Tailor Skin Care
- One Therapeutic or Sports Massage
- Optional Activities (some with additional cost): May include Paddle Boarding, Paddle-Board Yoga, Surfing, Beach or Bush Walks, a Private Health Coaching Session, and Beauty Treatments

PRICE: \$850 NZ PER PERSON

(\$800 NZ PER PERSON IF YOU BOOK WITH 2 OR MORE OR BEFORE JANUARY 30, 2015)



RETREATS LEAD BY

CHRISTINA MCGRATH: HEALTH COACH, ATHLETE, WORLDWIDE YOGA INSTRUCTOR

SHARYN GALLICHAN: MIND BODY FITNESS – YOGA, PILATES, MASSAGE

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