

You're invited to One Sky Wellbeing's

Unravel Your Spiral

WOMEN'S HEALTH & WELLNESS RETREAT

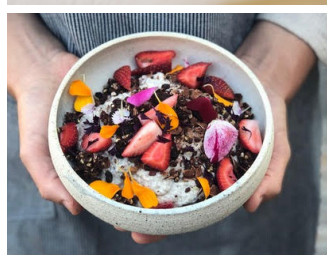
Thursday 10th – Sunday 13th September 2020

Gymea Eco Retreat, Uki NSW

Come and immerse yourself in a long weekend full of relaxation, yoga, meditation and healing.

What's included

- **Accommodation** for three nights in a rainforest retreat, organic cotton bed linen (single or twin share)
- **Organic vegan** wholefood meals
- **Health presentations** by a qualified naturopath
- **Healing circuit** with spa, sauna and plunge pool
- Daily **yoga** and **meditation** (no experience needed)
- **Free time** to relax, walk, rejuvenate in nature
- Unlimited use of **magnesium mineral pool**
- Workshop with an **intuitive kinesiologist**
- A guaranteed journey back to your **heart's centre**



Presenters and Co-Creators



LISA JOLLY

Naturopath; Nutritionist; Herbalist; NET, Theta Healing and Reiki Practitioner

Lisa has a particular passion for whole mind, body and spirit wellness. In her clinic she incorporates nutritional advice with herbal and homeopathic remedies, bio-resonance therapy as well as kinesiology and Theta Healing.

[facebook.com/oneskywellbeing](https://www.facebook.com/oneskywellbeing)



ALEX KLEIN

Ayurvedic Cook

An advocate for cooking with love, Alex is passionate about restoring our connection to the food we eat by sharing ways to gain a greater understanding of how to nourish the body. Alex runs regular community cooking classes and workshops as well as catering for retreats and events.

alexkleincooking.com



JODIE DOLDEN

Yoga Teacher

With almost 20 years' experience, Jodie uses her extensive knowledge of breath and movement to stretch and strengthen your body, and relax your mind. Her warm nature and light hearted approach will make you feel comfortable from the minute you step onto your mat.



NANETTE ABBOTT

Kinesiologist; Intuitive Coach

Using a combination of kinesiology, intuitive sensitivity, nutrition and business knowledge, Nanette assists her clients to better understand themselves and their potential. Working with Nanette, her clients regain their passion, their identity and self-worth.

newleafkinesiology.com.au



To book contact Lisa by **email:** oneskywellbeing@gmail.com or **phone:** 0439 304 881
PRICE: \$1,399 twin share, deposit of \$300 required to book. Individual rooms available for additional \$200. **Bookings close:** 1st Sept 2020 *Payment plans welcome*
****Pay deposit by 29 Feb 2020 for EARLY BIRD RATE: \$1,299 (save \$100) twin share****