

Yoga Centre  
(Southland)

ASTRO YOGA

“DESTINY IN THE STARS”

RETREAT

2-3-4<sup>th</sup> Sept 2016



## ASTRO YOGA “DESTINY IN THE STARS”

Our destiny is written in the stars some might say. Using the qualities of our Astrological signs, we will explore setting an intention in our practice. Not only drawing out the qualities of our sign but also the opposing sign on the Astro Wheel. In Astro yoga there are twelve series of yoga Asanas; each related to one of the signs of the Zodiac.

Depending on which planet rules our sign, depicts the energy manifested.

We can therefore perform specific asana's to maximise our full potential.

Please include your birth date/astrological sign on the registration form.

### Venue:

We are returning to RiverRidge Retreat to experience again the peaceful surroundings of nature's balance

Visit – [www.riverridgeretreat.co.nz](http://www.riverridgeretreat.co.nz) - for more info!

Wake to the sound of abundant bird life, smell the freshness of the native bush and sit back and enjoy the tranquil location and peaceful surroundings at RiverRidge Retreat – “Natures Paradise”.

COST \$515.00 for food accommodation and all sessions

An early bird price \$470.00 if paid by 1<sup>st</sup> August 2016

Therapists will be available for appointment at your cost.

For further information phone

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Hilary 03 2349060 or 027 3392952

Email – [yogacentresouthland@hotmail.com](mailto:yogacentresouthland@hotmail.com)

Post – P.O. Box 40 Riverton 9847

Bank a/c for direct debit

06 0925 0305332 00

### Registration form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone no. \_\_\_\_\_

Email address \_\_\_\_\_

Star sign \_\_\_\_\_