

**Mini Yoga Retreat  
Saturday 5<sup>th</sup> of March**

*Insomnia, relaxation and meditation  
and bringing calm into everyday life*

Wanting some time out for yourself, to recharge and destress? Bhumi will be running a 3 hour workshop on insomnia. The session will consist of yoga practices and meditation techniques to assist with balancing the hormonal system and calming the nervous system to help manage insomnia and bring calm into daily life.

Bhumi is a qualified yoga therapist and is accredited with the Australian Association of Yoga Therapists (AAYT) as well as being a registered senior teacher with Yoga Australia.

**Beginners are welcome**

**Handouts and morning tea will be provided**

**Details**

**Date:** Saturday 5<sup>th</sup> of March 2016

**Time:** 9.30am-12.30pm

**Venue:** Henderson Environment Centre:  
Groat St. North Beach

**Cost:** \$50

**What to bring:** Yoga mat, pillow/cushion and a bottle of water.



**For more information or to register**

**Phone:** 94480904 or 0437639999

**Email:** [info@bodymindyogaperth.com.au](mailto:info@bodymindyogaperth.com.au)

**Web:** [www.bodymindyogaperth.com.au](http://www.bodymindyogaperth.com.au)