



ACHARYA'S YOGA

since 1969

YOGA DE-TOX WEEKEND

* Cleanse * Clarify * Heighten Awareness

11 - 13 FEBRUARY, 2011

www.acharyasyoga.com.au



Cleanse Your Body

Heighten Your Awareness

Clarify Your Mind

Enjoy Relaxing Bush or Beach Walks

with Yoga and Organic Juices

This annual yoga and de-tox weekend is a great way to cleanse the body, clarify the mind, heighten your awareness, whilst **practicing traditional hatha and raja yoga**, including cleansing practices (kriyas) breathing (pranayama), yoga postures and meditation.

*Enjoy all of this in the **natural bush, beach and tranquil surrounds** of the beautiful Govinda Valley.*

*For bookings please complete the attached
Booking Form*

Fee for the weekend is \$365 pp or for 3 or more \$335 pp.

Please book and pay by 21st January, 2011



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* Cleanse * Clarify * Heighten Awareness * Be Happy

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BOOKING FORM

Number of Attendees: _____

Attendee 1: _____ Special Requirements ? _____

Attendee 2: _____ Special Requirements ? _____

Attendee 3: _____ Special Requirements ? _____

Contact Details:

Name/s: _____

Phone: hm/wk/mobile: _____

Address: _____

Email: _____

Total Fee Payable: (\$) _____ (Please pay and book by 21st January, 2011)

Payment method please circle: Cheque Cash Credit Card

Credit Card Details: Card No. _____ Expiry Date: __ / __

Cardholder's signature: _____

Print name: _____

Cancellations: 14 days notice required or forfeit 50% of FEE PAID.

**PLEASE RETURN THIS FORM TO ACHARYAS YOGA CENTRE, By Mail: Level 1, 373 Pitt Street, Sydney NSW 2000 By Facsimile: 02 9264 2765
By Email: Christian@acharyasyoga.com.au**

INFORMATION

- ARRIVAL TIME: 3:00 pm , for welcome at 4:00 pm and yoga at 4:30 pm.
DEPARTURE: 3.00pm on Sunday, 13 February, 2011
ENQUIRIES: Christian Simpson on 9264 3765 or mobile no. 0450 916 599.
VENUE: Govinda Valley Spiritual Retreat, Lot 1, Lady Carrington Road, Otford, phone: 02 4294 1765.
TRANSPORT: Govinda Valley is situated approximately 60-70 minutes by car or 50 minutes by train travel south of Sydney CBD in Otford (near Helensburgh).
For full details go to www.govindavalley.com.au/location.html
WHAT TO BRING: Personal bed linen, pillow covers, sleeping bag or doona, towels, yoga mat, walking shoes, swimming costumes and your happy thoughts.
SPECIAL NEEDS: Please notify on Booking Form if you require any special needs.

Please Note: LIGHT MEALS ARE AVAILABLE IF REQUIRED