

Mindfulness Program Spring Day Retreat

Each day is a gift. Open it. Celebrate. Enjoy.

Sunday 24th September



Retreat Program Outline

Making time for you

Time to breathe

Experience techniques in meditative breathing, body scan, mindful movement.

Time to learn

Concepts in stress management and mindful attitudes.

Time to be

Awakening your senses amidst solitude in the natural beauty of the vineyard.

Time to know

Practice and consolidate further techniques in relaxation and attention centering.

Time to nurture

Feed the body and soul in gastronomic pleasure with gourmet healthy food selections for a picnic lunch, and a late afternoon indulgence in wine & cheese.

**Is it time to get more balance in your life?
Join us at the next retreat.**

Dates:	Sunday 24th September
Venue:	Boynton's Feathertop Winery, Porepunkah, NE Victoria
Time:	8am - 6pm
Cost:	Full day program - \$325 (Inclusive of retreat program, bus transport from Wangaratta, morning tea /coffee, gourmet lunch selection, and afternoon wine and cheese)
Course	Mandy Hogan
Facilitator:	Physiotherapist, Mindfulness Educator, Director of Hogan Health
Register:	Contact Mandy at Hogan Health Consulting Text 0427 221427 or email amanda@hoganhealth.com.au