



Gigi Neophytou
is an experienced
Educator , professional
LifeSkills & Health
Coach , Counsellor and
Registered Yoga &
Stretch Teacher and
Certified Nutritional Therapist

Join Gigi on one of her bi-annual retreats
and learn about her passion for living life fully
with lots of energy, health and a purpose .

Gigi hopes to inspire you to live healthy
fulfilling , peaceful and productive lives and to
have a positive influence on others.

Make your choices...

Make the Changes...

Make your future...

Enquires & Bookings

Contact Gigi

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Websites

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Www.healthandhappinesscentre.com

DRAFT PROGRAM

Arrive Friday Aftnoon

at Hartzer Park, or

meet us at Bowral for Lunch at 1:30pm

- Start arriving from 4pm -

- 5.30 pm YOGA
- 7pm Dinner
- 8pm Welcome + Getting to know you
- 9.00 Meditation & Restorative Yoga

Saturday

- 7am Yoga Stretch & a walk
- 8am Breakfast + Cooking class
- 9.00 Talk: Why am I feeling like this?
- 10.30 Morning Tea
- 11.30 YOGA
- 1pm Lunch + Cooking class
- 2.30 Stress releasing Activities
- 3.30 Afternoon Tea
- 4pm Talk: What is a happy balanced life and how do I achieve it ?
- 5.30 YOGA
- 7pm Dinner + Cooking Class
- 8.00 Harnessing Willpower + Confidence
- 9.00 Yin YOGA + meditation

Sunday

- 7am YOGA Stretch & walk
- 8am Breakfast
- 9am Talk: The Best Diet for Great Health
- 11am Morning Tea
- 11.30 YOGA
- 1 am Lunch
- 3.00 Closure + pack up

NOTE: Program is subject to Change without
Notice (as is life generally)



Rebalancing RETREAT

Rebalance your :-
diet ~ body ~ mind ~ emotions
~ relationships ~ lifestyle



20th -22nd October
2017

Achieve your Healthy
Lifestyle Goals



Who should come?

This is a retreat designed for those who are ready to embrace healthy lifestyle habits and would like to learn more about how to..

LIVE LIFE WITH ENERGY AND PASSION

What will we do there?

Experience a new way of life !

- ~ Eat tasty and nutritious **vegetarian food**
- ~ **Learn to prepare tasty ,healthy ,satisfying food**
- ~ **Be inspired by Gigi's healthy food ideas**
- ~ **Yoga , Stretch & Meditation** classes
- ~ **Get away** from the routines - **try new ways**,
- ~ Discover techniques which will promote **greater feelings of mental , emotional and physical health and happiness** for years to come
- ~ Learn how to **think positively** and how to **focus your mind to meditate.**
- ~ **Meet Like minded people or get some time alone**
- ~ **Learn how happiness is not a destination but a bi-product of how we choose to live**
- ~ **Have fun !!!!**



Where are we Going ?

Hartzer Park

Conference & Retreat Centre

Eridge Park Rd, Bowral



TRAVELLING TO HARTZER PARK BY CAR

1. Proceed along the Hume Highway until the EXIT for Mittagong/Bowral.
2. Drive through Mittagong.
3. Continue on Bowral Road until approaching Bowral. Take the By-Pass (Moss Vale direction) and proceed until large main roundabout.
4. Follow the Robertson/Wollongong/Nowra direction, into Kangaloon road.
5. At the next roundabout turn right into Eridge Park Road. Hartzer Park is two kilometres along Eridge Park Road on the left.

October talks

- **Why am I feeling like this ?** Learn how to examine yourself and investigate the causes of how you are feeling. Allergies, mood swings, tired, unmotivated..why?
- **Achieving a healthy ,fulfilling balanced life**
A practical approach on how to choose the way we spend our times and resources to achieve less stress + more contentment
- **The BEST diet for great health** - Gigi with share with you her many years of experience and guide you to choose the BEST diet for you.

Cost

\$545 all inclusive

Everyone gets a private room

Early Bird Discount

Pay in Full By 10th September
\$499

\$50 deposit required to book



What to Bring

Personal items

Soap, Torch, umbrella, walking shoes, comfortable casual clothing + Yoga mat .

