

Dux Yoga & Health Retreat with Leanne

Weekend Yoga Retreat at Southport Yacht Club Dux Anchorage, South Stradbroke Island

When?
March 10 & 11 2018

Who is Invited?
SYC Club Members and Members Guests are invited to a Weekend Yoga Retreat with Leanne, Yoga4Yachties, at Southport Yacht Club Dux Anchorage, South Stradbroke Island.

What do you need to bring:
Yoga Mat, (Block & Straps), Journal, Water Bottle, Comfortable Clothing, Swimmers (Leanne carries some spare Yoga Mats & Blocks onboard, please advise when you book, so I can hold for you)

What's not included:
Meals, Transfers to and from Island, & Accommodation.

How do you get there?
Come by boat and stay aboard
or
Set up camp in the grounds of the Dux Facility
or

Your a SYC member or members guest and you don't have a boat or like to Camp
Fill in expression of Interest below & Leanne will advise options for you.

Yoga & Meditation \$80 pp

Enjoy 3 x 60 min Blissology Inspired Vinyasa Flow practises ashore.

Beach Meditation : Let's take a walk together to the surf side and enjoy sitting quietly learning to become aware of our breath.

Yoga Time Table:
Saturday 10/3/18
7:30 am & 4:00 pm Yoga
Sunday 11/3/18
7:30 am Beach Meditation
11:00am Yoga

TO PAY NOW

CLICK ON EVENTBRITE LINK BELOW

www.duxretreat.eventbrite.com.au

photo credit Tony Little

What's the programme

The weekend is very informal, but informative, have you ever wanted to try Yoga? Come along and let's explore Yoga together. I love to teach beginners! I slow the whole class down allowing transitions to be enjoyed by all students.

Share a Juice after Yoga sessions

Share a Pot Luck Dinner 6pm Saturday Evening with Leanne Yoga4Yachties and my special Guest Linda Anderson.... you may know of Linda's book "Sailing in my Sarong" www.sailblogs.com/member/valiam

In the Yoga World we are not all vegetarian or vegans, but eating well is important to me, and as I age Gut Health is a keen interest. I have friends and acquaintances who are learning to understand the importance of both. I have invited Linda Anderson from Gutsy Health along to share her experience of a gut-loving program which combines nutritional lifestyle coaching and digestive health, it has been shown to affect many areas of our health and well being including our weight, mental health, immune system and more! Linda, who has recently lost 25kg herself and healed gut issues by following the Gutsy plan will talk about how easy and achievable it is, and during the evening's BBQ, will share some healthy Gutsy-inspired food and drinks!