



Golden Touch Therapies
and Birdsong Retreat present



The Abundance of Autumn Yoga Workshop in Wainui Bay

with Lisa Mills

Saturday 22nd April, 10am – 4.30pm

Treat yourself to the loving gift of yoga and exquisite food in
the beautiful environment of Wainui Bay, Banks Peninsula

As autumn draws upon us inviting us to turn inwards, enjoy this special Autumn inspired day of yoga, conscious breathing, and meditation on the theme of 'gratitude for the abundance in our lives'. You will also learn the sacred 'Moola Mantra', experiencing the power and healing effect of the ancient Sanskrit language. And you will be nourished with an abundant autumn-rich delicious, organic vegetarian lunch.



Wainui Bay Community Centre

\$120 includes organic lunch and herb teas

Bookings Essential, limited to 18 participants

Contact Kathy Guidi 03 304 8822, 021 202 2954 or email kaguidi@yahoo.com

This workshop is for women only & caters for both beginners and those with experience.

Lisa Mills started practicing yoga in 1983 and became a teacher in 2009. As an experienced teacher and group facilitator, she brings passion, enthusiasm, care and respect for all participants.

Kathy Guidi began her yoga journey in 1996 and facilitates a weekly yoga and wellness class in Wainui. She has a passion to create meals that whet the appetite and feed the soul. The lunches she provides is seasonally inspired and predominately local organic produce. Kathy runs 'Birdsong Retreat' in the Bay.

Past participants...

'Lisa and Kathy provide a warm, inviting loving forum in which we can explore our breath and bodies'. Dell Beckman

'Very relaxing, informative in an experiential way. Time to connect with the self, and supportive others. Fantastic food & nice setting'. Emma

'First experience of yoga, very enjoyable. Felt encouraged to work at my own pace and limits'. PP

'It's a great opportunity to learn more about yoga and have a day filled with warmth, kindness & good stuff for your old tired body'. Anon

www.goldentouchtherapies.co.nz

www.kathysgetaways.com/birdsong-retreat