



Creating Freedom Through Yoga & Art

2018 Summer Workshops in Wainui Bay, Banks Peninsula
with Lisa Mills and Kathy Guidi

Saturday 10th Feb, 10am – 4.30pm Yoga Day

Sunday 11th Feb, 10am – 1pm Art Workshop

*Through yoga, meditation and
art access your
heart-felt desires...*



YOGA DAY Embracing the ripeness of summer, create greater freedom within through a heart-opening yoga practice. Learn a powerful new breathing meditation called 'Soul Sync' - a practice to connect to greater possibilities. The day includes a divinely delicious home cooked organic vegetarian lunch.

ART WORKSHOP Rediscover the joy of creativity. Tap into your heart-felt desires and give them expression through art. You do not have to be an 'artist' to attend this workshop! All art supplies provided.

Yoga Day \$120 (includes lunch), Art Workshop \$55. Attend both for \$150

Accommodation can be arranged if you would like to spend the whole weekend in Wainui Bay

Bookings essential. Contact Kathy 03 304 8822, 021 202 2954, email kathy@birdsongretreat.nz

The yoga day caters to both beginners and those with experience. The art workshop is for everyone!

Lisa Mills has been exploring yoga since 1983. She is a qualified Yoga teacher, creative therapist and spiritual coach. Lisa brings passion, enthusiasm, and presence to her workshops; respecting all who attend.

Kathy Guidi facilitates a weekly yoga and wellness class in Wainui Bay and runs Birdsong Retreat. She is a WOW girl (Ways of Wellness), passionate cook, blogger, artist, and community-maker.