



## It's all about finding your Zen

Peppers Salt Resort & Spa has just announced their schedule of weekend yoga retreats for 2012, offering guests four unique opportunities to relax with a rejuvenating weekend of self discovery for the health conscious.

### SEASONAL YOGA RETREATS

The seasonal yoga retreats have been designed for beginners through to experienced practitioners and combine soothing yoga, wholesome cuisine and a Golden Door Spa experience.

Hosted by YOGA TV host, Kris McIntyre, each weekend will vary to suit the changing needs of the seasons according to Ryoho (a form of yoga therapy combining traditional Indian Hatha poses with the meridian based healing arts of China and Japan) and a new Mother and Daughter yoga retreat will be held in May.

### 2012 PROGRAM DATES

**17-19 February:** good digestion, weight loss, improving energy levels and kicking sugar cravings

**18-20 May (Mother & Daughter Retreat):** women's health, sugar cravings, stress release and core strength

**20-22 July:** lower back strength, stress release and sexual energy

**12-14 October:** power and strength, upper back release, blood pressure and circulation and happy hearts

### PRICED FROM \$557\* PER PERSON TWIN SHARE

The all-inclusive escape includes two nights accommodation, full buffet breakfast daily, five yoga classes, a yoga mat and DVD, workshops and Zumba hosted by The Golden Door, a 50 minute spa treatment at The Golden Door Spa, wholesome meals inspired by The Golden Door cook book and prepared by Peppers Salt Resort & Spa's onsite restaurant Season, full use of resort leisure facilities, unlimited in-room movies and more.

### NON RESIDENTIAL FROM \$407\* PER PERSON

This package includes all five yoga classes, a yoga mat, a Golden Door Spa treatment, one dinner and two lunches.

**To book your yoga retreat, call 02 6670 5027 or email [jolene.napper@conferencesandeventsatsalt.com.au](mailto:jolene.napper@conferencesandeventsatsalt.com.au)**

\*Conditions apply, subject to availability.

We're all  
about  
you

