

SWAHINI Retreats presents:



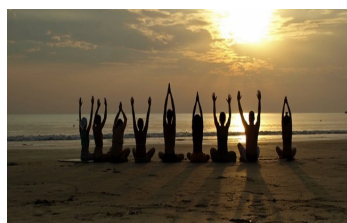
Yoga 'n' Surf

WEEKEND RETREATS

Traditional Vinyasa Yoga & Meditation
Surfing the South coast in pristine locations
Relaxation
Massage & Optional therapies
Delicious, wholesome meals & nutritious drinks
Relaxed & comfortable shared accommodation
Small groups of 8 participants

2014 DATES: 21-23 February (Summer), 21-23 March; 2-4 May (Autumn)

Designed for women – all levels welcome!!



NEW VENUE: MAITRAYA'S FISHERMAN'S LODGE – NANARUP – ALBANY WA



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www.swahiniretreats.com