

REFLECT
RESTORE
REALIGN
RETREAT

**SELF COMPASSION, YOGA AND
BUSINESS DEVELOPMENT FOR THE
HELPING WORK FORCE**

**29 SEPTEMBER TO 2
OCTOBER 2024**

HOSTS:

- **DR JODY TUNNICLIFFE - DIRECTOR H&CS,
CERTIFIED YOGA TEACHER**
- **MATILDA MANDIC - CLINICAL PSYCHOLOGIST**



Join us at the beautiful Lajoya Resort, Ballangan Bali for an exclusive 4 days/3 nights Retreat starting at \$1,599 pp triple share



The Retreat PACKAGE

- ACCOMODATION IN SHARED OR PRIVATE ENSUITED VILLA
- MEALS
- MASSAGE
- DAILY YOGA AND BREATHWORK
- PROFESSIONAL & BUSINESS DEVELOPMENT FOCUSED SESSIONS
- A RANGE OF SELF COMPASSION AND SELF CARE SESSIONS
- FREE TIME TO RECHARGE AND EXPLORE SURROUNDS
- PLEASE NOTE FLIGHTS, VISAS, & TRAVEL INSURANCE NOT INCLUDED



**REGISTER
HERE:**

**A NON REFUNDABLE DEPOSIT \$500
REQUIRED AT TIME OF BOOKING -
NUMBERS CAPPED AT 10**