



Health & Wellbeing Retreat

September 2nd - 6th 2016

Welcome to Venture North's very first **Health & Wellbeing Retreat** located at the Cobourg Coastal Camp in Garig Gunak Barlu National Park, Arnhem Land.

"The body talks and meditation helps"

All inclusive 5 Day / 4 Night Retreat

Scenic flight from Darwin to Cobourg (return), luxury transfers, permits, all meals, single / twin share accommodation, daily meditation & yoga (Hatha / Vinyasa Flow) classes, creative therapies - dance, art and more!

Learn how to tune into your body, observing thoughts and feelings with non-attachment. Learn breathing techniques to still the mind, purify and oxygenate the blood, while cultivating more energy, calmness and equanimity. Learn to let go and let flow...

Investment:
\$2590.00

(08) 8927 5500



Bookings
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