



SimplicityRetreats



Take time out for yourself

www.SimplicityRetreats.com

Canberra Day Retreats

Take a deep breath and imagine letting go...

Indulge in relaxation, meditation, yoga and delicious vegetarian meals, surrounded by extensive views of unspoilt nature reserves by Lake Burley Griffin.

Embrace relaxation, experience stillness and reconnect with the simple things in life.

What you can expect

- A welcoming, supportive and nurturing environment
- Very accessible and perfectly designed for busy lives
- Individual attention for beginners to advanced
- Enjoy the benefits of traditional yoga
- Our commitment to your health and wellbeing.

Contact us

02 6108 3575 | 0403 966 429
Relax@SimplicityRetreats.com
www.SimplicityRetreats.com
www.facebook.com/SimplicityRetreats



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Treat yourself

All Canberra Day Retreats are held on Saturday mornings from 9am-2pm at 245 Lady Denman Drive Acton ACT.

Please see below for instructions on how to get there.

Each retreat focuses on a beautiful theme of rest and relaxation.

For dates please go to www.SimplicityRetreats.com

Themes

Clarity Retreat

An incredibly relaxing retreat where you can ease yourself with quiet reflections, bringing clarity and positive energy. Make yourself a priority and find the inspiration you've been looking for.

Revitalise Retreat

Feel revitalised with flowing yoga sequences and strengthening postures. Get back on track and equip yourself with practical skills in meditation, relaxation and calming breathing techniques.

Finding Balance Retreat

A beautiful opportunity to slow down and take a break from everyday pressures. Regain mental and physical balance through balancing postures, learn breathing and meditation techniques to bring focus and emotional stability. Plus flowing yoga and relaxation to get you back in balance.

Letting Go Retreat

A slow paced retreat to release tension, gain flexibility and let go of life's worries. Flowing yoga exercises and strengthening postures will help reduce strain, rid of negativity and leave you feeling lighter.

Inner Calm Retreat

Get the break you deserve and have quiet time out. Learn postures and sequences to nurture the body, as well as breathing techniques to relieve the mind. Reconnect with your inner calm and build resilience for whatever comes your way.



“The perfect gift to yourself.”

- Andrea Gledhill, HealthKidsHappyMama.com

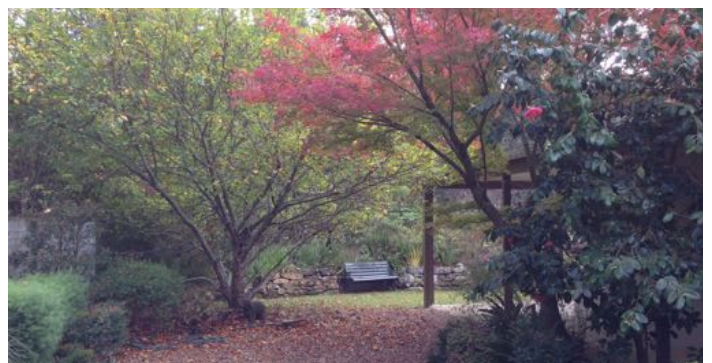


Program

The program caters for all levels and everyone is guided to go at their own pace. Specific relaxation, meditation, yoga sequences and postures have been designed to reflect the retreat theme.

- 9.00 welcome and introductions
- 9.30 flowing yoga sequences and calming meditation
- 11.00 morning tea
- 11.30 strengthening yoga postures, breathing and quiet relaxation
- 1.00 buffet vegetarian lunch and personal reflections
- 2.00 end

We encourage you to stay after the retreat and enjoy the peaceful environment with walking tracks and quiet spots by the lake.



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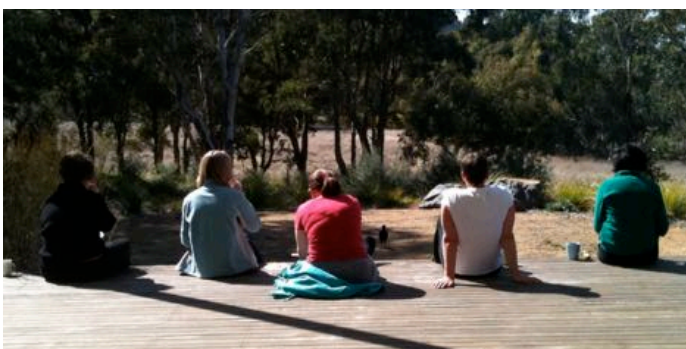
“Loved it! An absolute treat to nurture me.”

- Claire Connelly, Canberra Women in Business



On the day

- You may like to have a light breakfast 2 hours before the retreat.
- Please arrive by 9am, bring a yoga mat, small towel, large drink bottle, blanket/shawl and small cushion. Extra yoga mats and blankets will also be available.
- For our morning break, fruit, herbal tea and juice will be provided, you're welcome to bring extra snacks if you wish. The buffet vegetarian lunch will be provided at 1pm.
- No previous yoga experience is required. Participants are guided to go at their own pace and activities will be modified according to individual needs.
- Retreats involve low impact yoga activities only, such as sitting on the ground, lying down, standing postures and flowing sequences.



Getting there

The location is one of Canberra's best-kept secrets, only 10 minutes from Civic. Enjoy yoga in a beautiful space with natural light, wall length windows and an extensive deck surrounded by nature reserves.

ACT Aboriginal and Torres Strait Islander Cultural Centre
Yarramundi Reach, 245 Lady Denman Drive Acton ACT

The venue is a colourful building on Lady Denman Dr, across from the National Arboretum, between the Botanical Gardens & the Zoo. Access Lady Denman Dr from Tuggeranong Parkway, Parkes Way or Cotter Rd. If you have trouble finding the venue, please call 0403 966 429.



Our story

At Simplicity Retreats, we believe in giving you the gift of time – to take time out for yourself, embrace relaxation and experience the calming beauty of nature.

Founded by PJ Ann Aguilar, with Yoga Teacher, Gail Robertson, Simplicity Retreats provide a traditional Hatha Yoga experience, instilling strength, flexibility and grace.

PJ created Simplicity Retreats from the love of yoga and desire to encourage wellbeing. She creates a nurturing environment, giving you permission to put yourself first. She also provides business coaching for women in the wellness industry and hosts an inspiring podcast at Women In Wellbeing: www.WomenInWellbeing.com

Gail is a certified instructor in Classical Raja and Ashtanga Vinyasa Yoga and is a Senior Teacher Member of Yoga Australia. She has been practicing yoga for almost 30 years with teaching experience in Australia and Canada. Gail is owner of Yoga Flows in South Canberra: www.YogaFlows.com.

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