



Tara is the principal teacher at Cronulla Yoga Centre and has been practicing yoga since 1988. Tara teaches Yoga retreats at various locations around the world including Fiji.

Tara has attended classes with the Iyengar family in Pune, India and regularly attends classes with senior Iyengar Yoga teachers in Sydney.

Over many years Tara has facilitated talking circles in the tradition of indigenous cultures and has attended workshops with Aboriginal elder Minmia.

Jeni has been a registered fitness leader for over 20 years. Jeni teaches a wide range of classes and has clients of all ages and fitness levels.

As a personal trainer, Jeni can tailor exercise to one's individual needs. Whatever your restrictions, there will be some form of exercise you can do!

Jeni has studied Tai Chi with Sydney Physician, Dr. Paul Lam and teaches Tai Chi for Health.

Contact Tara on 0414 527 481 or Jeni 0414 280 951

Email Tara: cronullayoga@tpg.com.au

www.cronullayoga.com.au

Download a booking form from our websites

Email Jeni: healthnfitness@gmail.com

www.advancedhealthnfitness.com.au

The Tops Conference Centre is located in scenic bushland, just 30 minutes drive from Sutherland. Stanwell Park can also be accessed by Train and we offer free transfers to and from the station.



Winter Wellness Retreat with Tara Er & Jeni Pattison

1st-3rd July 2011

at Stanwell Tops

(just a short drive from Sydney)

Treat yourself to this 3 day yoga and fitness weekend. We believe in a holistic approach to health and fitness, focusing on the mind, body and spirit

We cater for all levels of fitness.

Enrol by 9th May 2011

to receive the early bird **discount of \$20**

(booking must be paid for in full by this date to qualify for discount)

Late enrolments must be received by

24th June 2011.

These 3 days are dedicated to you, where you can focus on your health, improve your fitness level and learn to unwind. Whilst you are encouraged to participate in all the activities offered, participation is not mandatory and you are most welcome to do your own thing.

All rooms at the centre have en-suites and can sleep up to 5.

Escape the city in this tranquil setting just a short drive from Sydney.



Prices include 2 nights shared en-suite accommodation, all meals geared towards nutritious food, unlimited cups of tea and fruit 24/7, use of swimming pool and tennis courts, as well as all activities including:

- | | |
|-----------------------------|----------------------------|
| Guided Bushwalks | Yoga |
| Tai Chi | Qi Gong |
| Fitness Circuit | Stretch & Relax |
| Resistance Exercises | Tennis |

All the above inclusive per person:

- \$450 twin/double share**
- \$420 triple share**
- \$400 four share**
- \$380 five share**

Massage & Tarot readings available at additional cost.

Proposed Timetable

Friday			Saturday		Sunday
		6.30	Yoga Silent Meditation	6.30	Yoga Silent Meditation
		7.00	Yoga	7.00	Yoga
		9.00	Breakfast	9.00	Breakfast
		10.00	Talk on core strength Learn to activate your core muscles correctly	10.00-10.30	Circuit Instruction Check your technique or learn how to perform circuit exercises correctly.
		10.30	Morning Tea	10.30	Morning Tea
10.30 - 11.30	Check In / Morning Tea	10.45 - 11.30	How to Exercise with Resistance Bands Learn a variety of safe effective exercises	10.30-11.30	Fitness Circuit
11.30	Orientation				
12.00	Introduction Circle	12.00	Qi Gong	11.45-12.45	Tai Chi
12.30	Lunch	1.00	Lunch	1.00	Lunch
1.30	Guided Bush Walk 2 options; to Beach, either steep track or easy walk & car pool to beach	2.00-4.00	Guided Bush Walk to Kelly's Falls Easy option car pool, or walk from centre.	2.00-2.30	Farewell Gathering Check Out
3.30	Afternoon Tea	4.00	Afternoon Tea		
4.00-5.30	Restorative Yoga	4.30-5.30	Yoga Pranayama (yogic breathing)		
6.00	Dinner	6.00	Dinner		
7.00	Drumming with Melanie Drum away your stress ¹	7.00	Quiz Prizes to be won!		
8.30	Supper	8.00	Supper		
	Free Time		Free Time		Kelly's Falls