

Thyme on the Hill

Joie de vivre Retreat

Rotorua 11 - 13 May, 2018

Relax and Restore your Joie de vivre
...the expression itself means joy of life.

Join experienced facilitator Muiread Douglas and other amazing women for a weekend of complete relaxation, personal growth, community and creativity.

Gain true vitality by restoring your joie de vivre



- Stunning relaxed surroundings
- Full organic Menu
- Limited to 8 spaces
- \$899 Single / \$599 Twin share (inc GST)
- Yoga and Meditation each day
- 2 Nights comfortable accommodation (Single and twin share available)

For bookings or enquires call 07 460 1575 or email info@pathtovitalityclinic.co.nz

www.pathtovitalityclinic.co.nz/retreats

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Stressful situations that no longer serve us, such as our Careers, Relationships, major life changes, emotional problems or our health can make us lose what's important, the joy of life is something we can tap into on a daily basis.

Experience the unique opportunity of stepping back from your day to day busyness and returning to the simplicity of country life. Thyme on the Hill is lodged in the wonderful area of Hamurana set amidst the rolling farmland and trees. Acres of fertile land, clear and starry nights, fresh air, the smells and flavours of freshly made organic food, organic gardens, time to wander and reflect, and a community of women quietly working together and supporting each other.

From the moment you arrive at the retreat on Friday late afternoon until you pack to leave on Sunday early afternoon, Muiread will lead you on a quiet exploration back to the person you were born to be.

We will walk quietly in nature, sit joyfully in circle, journal and meditate, create healthy communal food which we will have the recipes for you to take home and continue to use, practice some yoga to enhance our days, and then gather each evening to joyfully share our evening meal together. Having that joy of conversation, joy of eating and by the end of the day reflecting on the joy of what we have experienced during the day.

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