

## **Relax & Reflect Workshop**

### **Sunday 27 June 2010**



Do you need some time out? This spiritually-uplifting and practical workshop will provide the space for you to relax, focus on yourself and explore what's important to you in life.

Experience the positive, empowering effects of yoga and life coaching, in a fun, supportive environment that's suitable for men and women, with or without yoga experience. Through the practices of Hatha Yoga and Insight Meditation we will release your body and engage your mind. Then explore who you are, where you are at and the direction your life journey is taking, through the wisdom of the Enneagram. Natalie Snooke will use her 15 years experience as a trainer, yoga teacher and life coach to guide and support you. Specifically, this workshop will engage you to:

- **Discover what you need to create a happier and more fulfilling life.**
- **Know your natural strengths and hidden potential.**
- **Understand your limiting beliefs and habit patterns.**
- **Accelerate your self-awareness and personal growth.**
- **Create an action plan for your fulfilling future.**

**Time:** 10am – 4pm                      **Cost:** \$150 single or \$130 double

**Venue:** Beacon Yoga Centre, 151 South St (cnr Field St), Beaconsfield

**Includes:** ~ Morning and afternoon yoga/meditation sessions  
~ Session handouts and workbooks  
~ Delicious, home-cooked vegetarian lunch & afternoon tea  
~ Complimentary follow-up life coaching session

**Bookings:** Places limited, pre-registrations only by Monday 21 June 2010

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