

# Drawing Breath

## Winter Solstice

### Yoga and Art Retreat

Surf Coast Cabins, Aireys Inlet

Friday June 19 - Sunday June 21 2015

Winter Solstice is a beautiful time of reflection; time to feel the quiet stillness at this deepest point of the year. Time to draw breath and plant a seed of joy in your heart for the journey ahead.

Yoga practice encourages breath to lead movement safely, and modifications will be offered to suit your capacity. Awaken creative expression and freedom through breathing practices that will increase your energy and attention, bringing clarity and focus. Meditation will deepen your connection to self and open you to the beauty of the natural environment. Yoga nidra and relaxation before bed will enhance restful sleep.

Drawing and sketching sessions in the landscape and rendering found objects. Developing your personal realistic or abstracted response to the local environment. Any level of skill welcome: beginners and experienced practitioners.

Surf Coast cabins are set in a bushland garden, backing on to national park, just a 15 minute walk from Sunnymeade Beach. There are eleven bedrooms (two twin-share) and the yoga room looks out to the bush.

Organic and wholesome meals are enjoyed in a communal setting while all cabins are equipped for self-catering. Our timetable for yoga and drawing sessions, and more detailed information regarding accommodation is available upon enquiry.

#### FACILITATORS

Ann Howie, Painter /Community Arts Coordinator

Deb Robertson, Yoga Teacher and Therapist

#### BOOKINGS & ENQUIRIES

Deb Robertson

0448 978 818 [debyoga@bigpond.net.au](mailto:debyoga@bigpond.net.au)

**Payment by May 22, 2014 / Small group of 10 participants**



**PACKAGE \$480**  
two nights accommodation  
six meals  
yoga and art tuition  
art material included