

# Drawing Breath

## Late Spring

## Yoga and Art Retreat

## Surf Coast Cabins, Aireys Inlet

Friday 13 - Sunday 15 November, 2015

Late spring can be a time to harness the fresh and turbulent energy of the season before the brilliance of summer: the holidays and festivities. A time to draw breath, reflect on the year and nurture intentions for the future.

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 bush land 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)

**Early bird payment by September 21, 2015 = \$480**

**(\$530 after September 21) Small group of 10 participants**

(We will also be running *Drawing Breath* in 2016: please register your interest with Deb)



the gift of yoga for  
body, breath and mind



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