

Bodylight Weekend Retreat

24-26 May Mana, Coromandel

PILATES YOGA Qi-GONG



The weekend is facilitated by Edna Levy, the founder of the Bodylight method - a unique fusion of Yoga, Pilates and Qi-gong. This weekend is for people of all ages and backgrounds who wish to learn and deepen their awareness of movement patterns, while being nourished and gently encouraged to make positive changes in their life.

Join us this May for an opportunity to find your path for creating the body you wish your mind to be housed in!

Set in the wonderful and private surroundings of Mana Retreat Centre in the Coromandel, a 120 hectares of native bush, waterfalls, walks, organic farm and ocean views.

Cost: \$560

Includes: Tuition, 2 nights accommodation & all meals (Vegetarian/Organic)

Start: Friday 24 May - Registration 4pm, Dinner 6pm



Registration & information:

Edna Levy : 021 184 7463
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