

FLOW WITHIN

SLOW DOWN AND RECONNECT WITH YOUR INNER FLOW OF NATURE

Who are we beyond the storms of our daily life? When we invite in stillness, we set the stage to explore our inner landscape. The waves, big and small, moving through our energetic and emotional bodies. The flow of nature within.

Join Riana and Saskia on a journey inside. A full weekend of Yin Yoga, Reiki adjustments, Yoga Nidra, Journaling, Mantra and Meditation. Supported through a divine surrounding high up in the mountains over Lake Hawea and nourishing plant-based food, you are going to change your life in the quietest, subtle, yet most powerful way.

Your skilful hosts will guide you through modern-day practices for body, mind, and heart, inspired by the ancient tradition of Tantric Hatha yoga. We look forward to guiding you through this magical weekend retreat.

Weekend Women's Retreat

with Riana Calman and Saskia Seeling

18th to 20th September | Lake Hawea

\$650 Early-Bird until 2nd August | \$750 Full Price

For bookings and info email saskia@yoga-with-saskia.com