

WINTER RETREAT BELLS BEACH

JULY 2, 3 & 4, 2010

Relax and renew, join Mark Gibson and Sally Russell at Bellshala for a winter weekend yoga treat.

BellShala Yoga Studio is located near Bells Beach, situated in a beautiful bush setting surrounded by lovely gardens.

The yoga studio is fully equipped with large floor space and ample natural light.

The local area offers accommodation. Bells Holiday Cottages is within walking distance. Phone 03 5261 5243.

Websites of interest:
bellscottages.com.au
stayz.com.au
roombank.com.au

Own transportation or car pooling can be arranged.
Booking and deposit required by June 19.
Maximum 20 pupils,
1 year or more experience required.
Bring your own mat.

Cost \$210 (Accommodation not included).

Location: Surf Coast Yoga at BellShala, 100 Addiscott Road, Bells Beach, Victoria 3228.



For further information call Mark or Sally at Doutta Galla Yoga Studio on 03 9375 2721 or email contact_us@dgyoga.com

1A Warrick Street, Ascot Vale 3032. www.dgyoga.com



SESSION TIMETABLE

Friday

6pm come together for own practice
7pm – 8pm introduction
8pm soup (provided)

Saturday

8am – 11am asana
2pm – 4pm inversions and pranayama
7pm dinner Jan Juc (cost not included)

Sunday

8am – 10am asana
10am breakfast (provided)
12noon – 2pm restorative



DOUTTA GALLA
YOGA STUDIO