

Winter Wellbeing: A Yoga Retreat with Karla Brodie & Sam Loe

10-12 August 2018 | Friday Noon until Sunday at 4pm

LOCATION | Kimi Ora Eco Resort, Kaiteriteri, nr Nelson, NZ

INVESTMENT | from \$535 up to \$755

Join Sam Loe and Karla Brodie through a spaciously paced 3-day weekend with wholesome vegetarian food, gentle embodied movement practices, Restorative Yoga and some deeply healing Yoga Nidra. All of this in the beautiful Kimi Ora Eco Resort overlooking the golden Kaiteriteri beach and estuary.

THE RETREAT INCLUDES | Morning somatic movement classes | Afternoons of Restorative Yoga | Evening Calming practices to prepare you for sleep | Optional early morning meditation and self-practice | Free time to use the spa and steam room facilities | Free time to walk or bike | Healthy Breakfast Buffet | Delicious 2 course lunches at Kimi Ora's vegetarian Restaurant | Hearty Soups for Dinner | 2 nights accommodation.



KARLA BRODIE | Karla is inspired to share the practice of Yoga to enhance awareness of breath, movement and conscious rest in everyday life. Karla is dedicated to refining the art of sharing Yoga through mindful, inquiry based language, subtle yet effective touch, and integrated embodiment through self-renewing, effortless effort. Karla has taught weekly restorative yoga for 16 years in Auckland, as well restorative retreats and teacher trainings. She is passionate about the art of resting well.



SAM LOE | Bringing together breath led yoga practices with somatic enquiry, yoga nidra and restorative postures Sam explores tools that teach people self-care and a positive relationship with themselves. She has taught in yoga studios, hospitals, polytechnics, in mental health settings as well as specialising in yoga for pregnancy. Over the past 18 years Sam has studied and taught yoga with an inquiring mind and learnt from many international teachers, primarily Donna Farhi. Sam has also been wonderfully inspired by Dr. Richard Miller and is a Certified iRest® Yoga teacher.

BOOKINGS | samloe.yoga or email samloe@mac.com