



Staley Health

7 DAY MEDITATION & CHAKRA RETREAT

JANUARY 2018

This exciting new retreat will assist you in strengthening your commitment to live a conscious life through the chakra system. You will get to experience what it is like to meditate daily and live consciously.

- Improve your health, personal power and expand your spiritual awareness
- Learn to live consciously
- Experience the benefits of meditation
- Learn how cleansing the chakras can help you to feel whole and alive
- Liberate your soul

When: 15th to 21st January, 2018

Where: The Continental House
9 Lone Pine Avenue,
Hepburn Springs

This course includes accommodation, meals, course manual, notepad and pen, chakra cleansing crystals, a free guide to the Chakra System and a free reading or Reiki treatment (valued at \$100) to use any time after the course.

To book or enquire
call Nikki on 0400 497 024
www.staleyhealth.com