



MEDITATION

RETREAT - WORKSHOPS

THREE DATES, THREE ICONIC LOCATIONS.
EACH OFFERING A PROGRAMME RICH IN INNER DEPTH.
FRIDAY EVENING UNTIL SUNDAY 10 AM.



15TH - 17TH MAY - IKIGAI BUSH RETREAT | YANCHEP

Transform inner fears and anger, accept the flow of love's curiosity, avoid greed and envy – explore these known benefits of meditation... deepen your experience and discover ways to establish and maintain a personal practice that works for you... combining offerings from wellness, neuroscience, meditative practices, and personal journeys.

Meditation retreats include an optional yoga or movement session, optional sound healing session; and other extras...

19TH - 21ST JUNE - SHAMBALA | MARGARET RIVER



16TH - 18TH OCTOBER - PREMALAYA | YALLINGUP



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FOURHARES.COM

RESERVE YOUR PLACE