



SUNMOONYOGA

ASHTANGA  BUNDEENA

ADRIANA CORTAZZO, YOGA TEACHER SINCE 1997

70 SCARBOROUGH STREET BUNDEENA adriana@sunmoonyoga.com.au 0414 529 464



TESTIMONIALS

Yoga with Adriana and Lucy is medicine for the soul. I felt secure, serene and relaxed practicing with Adriana, who's teaching brings another dimension to yoga. The food prepared by Lucy was beautiful and warming and clearly made with love. For me, the day in Bundeena was an opportunity to connect with my practice away from the frenzy of everyday life.
Sandra, Mother of two

It was a great day. So nice to escape the city and chill out in bushy Bundeena. The yoga was great. The lunch that followed was exceptional and so tasty. Bushwalk and chanting – what a day. – A nugget of bliss in a busy week.
Alex, Architect

I felt as nourished and refreshed after that one retreat day as I have done after a full weekend away. I thank you so much for sharing your knowledge ~ you picked up on things with my body so quickly it was crazy! Your retreat was an altogether nourishing experience: the practice, the chanting, the super yummy food, the yoga nidra and the bush walk. it felt so good to be back in nature and to be in such lovely company.
Chantal, Designer

ONE DAY YOGA RETREAT

SUNDAY 10AM - 3.30PM, SEPTEMBER 12, COST \$120

A gentle step-by-step introduction to yoga (suitable for beginners).
You will feel a connection to something deeper, larger and more expansive

SUNDAY 10AM - 3.30PM, SEPTEMBER 19, COST \$120

Deeper insights into the meaning of yoga. Regardless of your level of practise your experience of yoga will start to shift from the ordinary to the sacred

An inspiring and deeply moving day of exploration into the sacred art of yoga, meditation and nutrition. Yoga teaches that everything we need is already within us. The practices lead us into accessing our gifts and beauty from the inside out – helping us find long lasting happiness and peace. Whether new to Yoga or more advanced, you will feel part of a worldwide community of practitioners. A single step into a Yoga class begins a transformative journey into the vast world that unites body, mind, and spirit. Come join us on the path to liberation and limitless possibilities.

WHAT TO EXPECT

LOTS OF YOGA, MEDITATION IN BEAUTIFUL SACRED BUSH SITE,
DELICIOUS VEGETARIAN FOOD, NUTRITION AWARENESS,
CHANTING, BUSH WALK, TIME TO BE NURTURED

PAYMENT

Payment must be made when booking retreat.

EQUIPMENT

Please bring your own mat. We have spares if you need it.

CANCELLATION

A full refund one week before retreat... there after no refund

MORE INFO

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