



ATTENTION EVENT/DIARY PAGES

Diary Item – June 11 -13, 2010

Beat the Mid Year Blues with Q Station Yoga Retreat

Sydney's historic harbourside retreat Q Station is offering a chance to soothe mind and body in spectacular surrounds with a three-day yoga retreat.

Designed for all levels from beginner to advanced, the weekend will involve six yoga and meditation classes conducted by accredited instructor Skye Baird. The program will aim to relieve tension, boost energy, increase flexibility, calm the mind and improve sleep patterns.

Q Station's yoga retreat costs from \$510 per person twin share, including two nights' accommodation, six yoga and meditation classes of 1-1½ hours, breakfasts on both mornings and two-course dinners on both nights at the retreat's Boilerhouse Restaurant.

Guests will also have entry to the Quarantine Museum, access to Q Station's secluded beach and valet parking.

Additional activities available during the yoga retreat include massages, naturopath sessions, history tours, cycling, kayaking and surf lessons.

For full details and bookings contact Q Station on 02 9466 1551.

See also www.qstation.com.au

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