

# Looking for a yoga and wellness weekend getaway?



**Kick start your New Year's resolution for a better life/work balance with a wellness weekend getaway at Sydney's premier wilderness resort.**

Skye LifeStyle has partnered with Manly's Q Station Retreat to present the 2010 Sydney Harbour Yoga Retreat from Friday 12 March to Sunday 14 March 2010.

Tailored to all levels, from beginner yoga students to advanced practitioners, the weekend getaway includes two nights' accommodation in a spectacular four-star resort, breakfast and dinner daily and up to six unique Hatha yoga classes. Skye Lifestyle's principal instructor Skye Baird completed her Yoga Alliance Accreditation in Santa Monica, California and has trained in the latest Hatha yoga techniques.

**You will experience a range of benefits including:**

- a calmer mind
- release of tension
- boosted energy
- increased flexibility
- healthier sleeping patterns

<b>Retreat details:</b>	Friday 12 to Sunday 14 March 2010
<b>Time:</b>	Arrival at 2.00pm on Friday, and departure at 11.00am on Sunday
<b>Yoga class duration:</b>	Between 1 hour and 1.5 hours
<b>Where:</b>	Q Station, North Head, Manly, Sydney
<b>Investment:</b>	From \$510 for a 2-night wellness getaway

[www.qstation.com.au](http://www.qstation.com.au)  
[www.skyelifestyle.com.au](http://www.skyelifestyle.com.au)

