



WOMEN'S WELL-BEING DAY RETREAT

You are invited to Bluewater Lodge in Endeavour Inlet
for yoga, meditation and time in nature.



Located off-grid at
The Bluewater Lodge



Ideal for 1 on 1 classes



Incredible views

REST AND REJUVENATE

For those who love yoga, meditation and time in
nature.

An expressive, healing arts and meditative wellness
experience in a safe, supportive environment.

There will be time for quiet reflection and
discussion. 1-1 or small groups.

Escape the demands of the everyday.

NZ\$575 (excl. return water taxi), signed waiver required

I am a certified Natural Health Consultant, certified
Clinical Aromatherapist, and certified Meditation
and Yoga teacher with a background in biomedical
science. I live off-grid on the Queen Charlotte Track
and I am committed to the principles of
kaitiakitanga; guardianship and protection of our
natural world.



The Art of Awareness

FOR MORE INFORMATION PLEASE CONTACT DEBBIE EARLY, PHD
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