



LINKS HOUSE

WELLNESS DAY RETREAT



join us for a day of practice and mindfulness

7am welcome & meditation | 8am yoga | 9am breakfast
10am proactive and goal setting workshop with becky
12pm lunch | 2pm whole food reboot and raw dessert
making with elly | 3pm conversation and books
5pm yoga | 6:30 finish

Saturday - 29 February - 7am to 6:30pm - \$160

breakfast and lunch included - accommodation available

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