BUILD STRENGTH AND RESILIENCE IN 2026

Join Eve Grzybowski & Julie Spicer for a week of yoga, meditation, breathwork and reflection to reset for the year ahead.
This annual retreat creates ease, balance and wellbeing — and practising together in community makes those qualities even stronger.
Begin the new year feeling grounded, refreshed and ready.

5TH TO 9TH JANUARY
6.00AM - 8.30AM

Community Hall
1179 Manning Point Rd
Mitchells Island

$170 PER PERSON

JULIE 0427 408 348
EVE 0414 555 881

Bank transfer to Eve Grzybowski
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