

release - rebalance - restore

Supporting your  
Health & Happiness



- ✦ Yoga - Hatha, Yin/Restorative
- ✦ Sound Bath Meditations
- ✦ Women's Circles
- ✦ Cacao Ceremonies
- ✦ Mini & Day Retreats
- ✦ Weekend Retreats
- ✦ Bespoke events



### Personal 1:1 Sessions

- ✦ Sound Healing & Chakra Balancing
- ✦ Reiki - Remove energy blocks



Website &  
Bookings

**Sara** - Yoga Teacher &  
Sound Practitioner

**0416 443 404**

[escapewithyoga.com.au](http://escapewithyoga.com.au)

