



Tara is the principal teacher at Cronulla Yoga Centre and has been practicing yoga since 1988.

Tara has attended classes with the Iyengar family in Pune, India and regularly attends classes with senior Iyengar Yoga teachers in Sydney.

Over many years Tara has facilitated talking circles in the tradition of indigenous cultures and has attended workshops with Aboriginal elder Minmia.

Jeni has been a registered fitness leader for 20 years. Jeni teaches a wide range of classes and has clients of all ages and fitness levels.

As a personal trainer, Jeni can tailor exercise to one's individual needs. Whatever your restrictions, there will be some form of exercise you can do!

Jeni has studied Tai Chi with Sydney Physician, Dr. Paul Lam and teaches Tai Chi for Health.

Contact Tara on 0414 527 481 or Jeni 0414 280 951

Email Tara: conullayoga@tpg.com.au

www.cronullayoga.com.au

Download a booking form from our websites

Email Jeni: healthnfitness@gmail.com

www.advancedhealthnfitness.com.au

The Tops Conference Centre is located in scenic bushland, just 30 minutes drive from Sutherland. Stanwell Park can also be accessed by Train and we offer free transfers to and from the station.



Wellness Weekend with Tara Er & Jeni Pattison

16th-18th April 2010

at Stanwell Tops

(just a short drive from Sydney)

Treat yourself to this yoga and fitness weekend. We believe in a holistic approach to health and fitness, focusing on the mind, body and spirit

Enrol by 26th February 2010
to receive the early bird **discount of \$20**
(booking must be paid for in full by this
date to qualify for discount)
Late enrolments must be received by
16th April 2010.

Proposed Timetable

This is a weekend dedicated to you, where you can focus on your health, improve your fitness level and learn to unwind. Whilst you are encouraged to participate in all the activities offered, participation is not mandatory and you are most welcome to do your own thing.

All rooms at the centre have en-suites and can sleep up to 5.

Escape the city in this tranquil setting just a short drive from Sydney.



Prices include 2 nights shared en-suite accommodation, all meals geared towards nutritious food, unlimited cups of tea and fruit 24/7, use of swimming pool, all activities including:

<i>Guided Bushwalks</i>	<i>Yoga</i>
<i>Tai Chi</i>	<i>Qi Gong</i>
<i>Fitness Circuit</i>	<i>Stretch & Relax</i>
<i>Resistance Exercises</i>	<i>Tennis</i>

All the above inclusive per person:



\$420 twin/double share

\$390 triple share

\$370 four share

\$350 five share

Massage at an additional cost

Friday		Saturday		Sunday		
	6.45-7.15	Yoga Silent Meditation		6.45	Guided Bush Walk Kelly's Falls	
	7.30	Qi Gong				
	8.00	Breakfast		8.30	Breakfast	
	9.00	Short Guided Bush Walk		9.30-11.30	Yoga Active/dynamic class	10.00-11.00 Tennis
	10.00	Morning Tea		10.00	Morning Tea	
		10.00-12.00	Yoga An active/dynamic class	10.30-11.30 Tennis	10.15-11.15	Stretch & Relax
		11.30	Exercise with Resistance Bands		11.30	Fitness Circuit
		12.30	Lunch		1.00	Lunch & Closing Circle
2.30	Check In	1.30	Fitness Circuit Tuition		2.30	Check Out
		2.30	Fitness Circuit			
3.30	Bush Walk	3.30	Afternoon Tea			
4.45-6.00	Presentation on Well-being	4.00-6.00	Yoga A quieter, more gentle class	4.00-5.00 Tai Chi Arthritis Form		
6.30	Dinner	6.00	Dinner			
7.15	Talking Circle	7.00	Talking Circle			
8.00	Supper	8.00	Supper			
	Drumming 7.45-9.00 Drum away your stress & have lots of fun	7.30-9.00	Quiz Exercise your mind Prizes to be won!			

Timetable may change due to weather or popular demand – This is a guide only