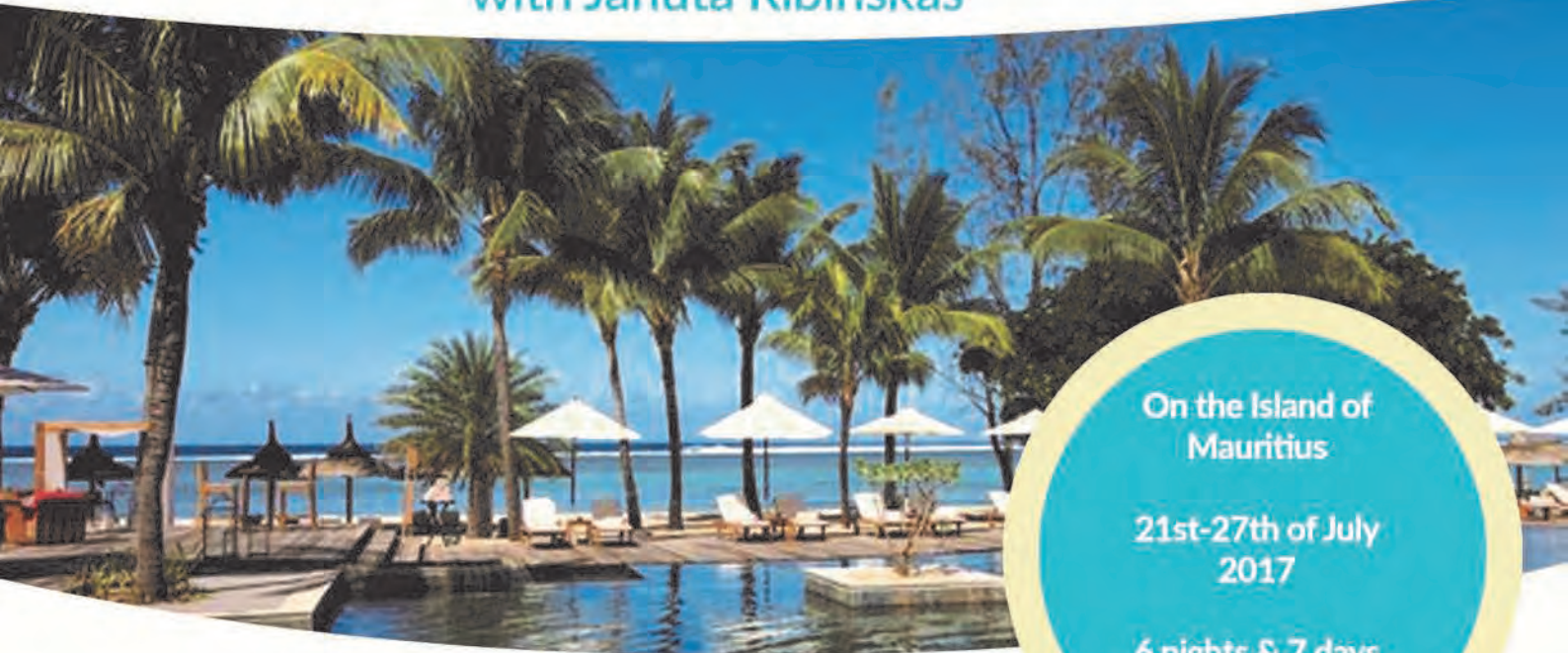


Mauritius - Mindfulness Retreat

with Januta Ribinskas



Shake off those midyear winter blues, escape with us to the exotic Island of Mauritius. Immerse yourself in the multicultural African, Indian, French influence. Take in the beautiful beaches and crystal clear waters of Port Louis.

This boutique experience, offers you the opportunity to activate your dream career and life. You'll open your heart, transform your body, mind and soul as you start each day with our renowned Transformational Breathing, daily practices of Yoga, meditation, mindfulness, philosophy, integrative goal setting and mind mapping techniques.

We know first-hand the importance of balancing personal development and leisure, time for site seeing of local cultural temples, landmarks, villages and markets has been built into your retreat.

If relaxing on the beach is more your thing, there will be time for that too.

This is such a beautiful Island you'll want to spend some time totally relaxing and indulging in the surroundings

On the Island of
Mauritius

21st-27th of July
2017

6 nights & 7 days
Retreat

Location: Arrive Mauritius
Investment package includes:
air fares, accommodation, 2x
meals per day, excursions,
tuition and other workshops
and ongoing personal
development programs
following the retreat

Places are limited to 10. To find
out more & book a strategy
session with Januta call
0412183379



Executive Wellbeing



Don't miss out - to book email info@executivewellbeing.net.au or call Januta Ribinskas on 0412183379
www.executivewellbeing.net.au