

Yoga & Healthy Eating Weekend Retreat in Somers

Saturday 28 Sept 5pm to Monday 30 September 3pm

**Gratitude, Mindfulness,
Compassion and Good Health**

NDIS service providers:

Karli Dettman from [Karli Health Centre](http://karlihealthcentre.com.au)

Ross Onley-Zerkel from [Deaf Chef Ross](http://deafchefross.com)



About Yoga

Karli is a Clinical Counsellor and Senior Yoga Teacher and is currently studying a Yoga Therapy course to become a Yoga Therapist.

For the Yoga and Mindfulness program, Karli will provide 8 x 60-minute Group sessions on Sunday and Monday. She will facilitate self-knowledge, emotional acceptance and growth via Yoga, Mindfulness and i-rest practices to help you to find your inner resources to live a well-balanced lifestyle.

Karli will also assess you in one to one session (face to face or online) a couple of weeks before the retreat to find out your yoga goals. After the retreat she will design a yoga program for you to bring home to practice regularly and it can be reviewed once a month.

Somers is a beautiful town by the Somers Foreshore Beach with walking tracks. The location is approximately 1 hour 20 minutes from Melbourne CBD. [Somers Foreshore and location information](#)

Accommodation is a beautiful large beach house with 3 bedrooms, 2 bathrooms, large kitchen and spaces for the retreat programs.

To travel there by public transports, Bus 782 brings you to Somers from Frankston Train Station. [Transport information.](#)

More information will be sent once you book with your deposit.

Price: \$1,018 (\$578 and \$440) including food and accommodation. You can pay with your NDIS funds

Book with \$100 refundable deposit by Thursday 5 September.

This is to confirm the venue. Once your NDIS plan has paid for this retreat, you will get your \$100 refunded.

Karli karli@karlihealthcentre.com.au
or text 0403 922 245

Ross ross@deafchefross.com
or text 0450 580 806

About Healthy Eating

Ross is a Chef and Mentor. He has been delivering programs to help deaf people develop skills in food and cooking so they can make healthy meals at home.

At the retreat, all meals are vegetarian and vegan.

Ross will guide you to:

- improve your healthy eating habits
- talk about food and cooking
- develop your food preparation and cooking skills
- deliver healthy meals for everyone.

You will get recipes so you can cook healthy meals at home.

Food intolerances and diet restrictions are accepted.