

Limited bookings
DEADLINE DATE: 25 FEBRUARY 2022

25TH - 28TH APRIL 2022

Yoga & Healthy Eating Retreat

LE CHATEAU, HOLGATE NSW



With NDIS service providers:

Karli Dettman

KARLI HEALTH CENTRE

Ross Onley-Zerkel

DEAF CHEF ROSS

GRATITUDE, MINDFULNESS, COMPASSION AND GOOD HEALTH



MONDAY 25TH TO THURSDAY 28TH APRIL 2022

STARTS AT 5PM UNTIL THURSDAY 1PM

LE CHATEAU, HOLGATE NSW

Le Chateau is a short drive to Terrigal Beach. Holgate is known for its prestige acreages with grand homes. Le Chateau is located one hour north of Sydney in Holgate.

Yoga

KARLI HEALTH CENTRE

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 Group sessions. 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.

After the retreat, if you wish, Karli can design a yoga program for practice regularly and it can be reviewed once a month.

\$1,249

Healthy Eating

DEAF CHEF ROSS

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

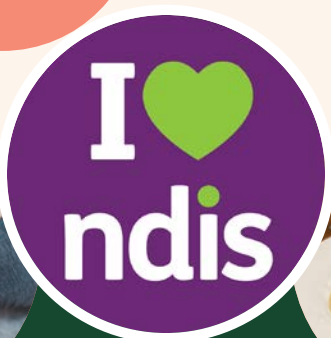
At the retreat, all meals are vegetarian*.

Ross will guide you to:

- Develop your food preparation and cooking skills
- Improve your healthy eating habits
- Deliver healthy meals for everyone

**Food intolerances and diet restrictions are accepted.*

\$1,200



– Nonrefundable –

**DEPOSIT IS \$200
BY 25 FEBRUARY 2022**

To deposit, please contact Karli 0403 922 245

If you need more information call or text message to Gabby 0402 472 929

You can pay with your NDIS funds

Karli Health Centre NDIS items:

- 15_043_0128_1_3 Therapeutic Supports (All plans including NDIS managed)
- 09_011_0125_6_3 Participation In Community, Social And Civic Activities (only Plan or Self-managed)

Karli

✉ karli@karlihealthcentre.com.au ☎ 0403 922 245

Deaf Chef Ross NDIS items:

[Link to NDIS supports](#)

**karli
HEALTH
CENTRE**

Deaf Chef Ross®
HEALTHY EATING, MINDFULLY

Ross

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