



## Feel Great Break – personal experience

After retiring from work, I was looking for an opportunity to help reset my priorities without the day-today work pressures.

A 4 day Feel Great Break at the Rocklyn Yoga Ashram provided the perfect chance to take time out from mobile phone, email, face book and TV to spend time in nature, time alone but also time to participate in the daily routine activities at the Ashram.

Daily yoga, meditation and group discussions laid the platform to contemplate how to bring yoga into my routine back at home.

Feeling energised after 4 days of healthy eating and ready to tackle retirement with a clearer sense of purpose.

*Tracey, Brisbane November 2018*