



Letting Go of 2013 and Welcoming in the Year of the Horse: A Yoga and Qigong Retreat

at Ranadi Plantation, Pacific Harbour

with Nicci McGrath, Jodi Smith and Lucile O'Dowd

Sunday, February 2nd, 2014

Ranadi Plantation is a beautiful farm in transition to organic, located beachside in Pacific Harbour, just 45 minutes drive from Suva. From 9.30am until 5.00pm on Sunday 2nd February 2014 we will explore yoga and qigong, share lunch, and spend time in quiet contemplation in this special setting. Co-taught by Nicci McGrath, Jodi Smith and Lucile O'Dowd, the retreat will focus on letting go of the obstacles of 2013 and welcoming in 2014 with space and clarity.

The price is \$150 per person. This includes 3 classes and lunch. Transportation costs are not included.

For more information visit: ranadiplantation.com/yoga-and-qigong, inlightnessofbeing.com/resort

To register email Nicci: nicci.mcgrath@yahoo.com, Jodi: jodi@ranadiplantation.com, or Lucile: lucile@inlightnessofbeing.com