



A Yoga and Qigong Retreat Inspired by Water at Ranadi Plantation, Pacific Harbour

with Nicci McGrath, Jodi Smith and Lucile O'Dowd

Sunday, March 9th, 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 9th March 2014 we will explore yoga and qigong and share lunch in this special setting. Co-taught by Nicci McGrath, Jodi Smith and Lucile O'Dowd, the retreat will focus on clearing stagnation, tapping into your intuition, and finding stillness.

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