

New Year, New You !

If you had an opportunity to turn your life around in the next 10 years, would you find the courage to take that leap?



What is the most effective way to figure out your purpose?
How do you create a road map to make that happen and achieve your goals?

Yarra Valley
Living Centre
17-19 Jan 2020

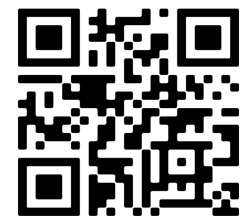
A Unique Mindfulness-Based Visioning Retreat

Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.” ~Pablo Picasso

**Contact [now](#) for more details:
1300 651 211**

www.gawler.org under wellbeing retreats

I am delighted to collaborate with the **Yarra Valley Living Centre** – one of the leading retreat venues in Australia. It is a secluded spot about an hour drive from Melbourne set on 40 acres of natural bushland at the foot of the Yarra rolling hills. There are sanctuaries and special spaces designed for quiet meditative practice and beautiful landscaped gardens which provide many places to enjoy nature. The retreat sources much of the produce for the delicious and healthy food from their biodynamic and organic vegetable garden.



 **SCAN ME**

- **Gain clarity on what is your unique purpose and long-term goals;**
- **Define your vision in detail and plan for the coming year ahead;**
- **Learn to cultivate a sustainable mindset;**
- **Take positive and meaningful action.**

www.PositiveNeuroPlasticity.com.au

