

AUSTRALIAN WELLNESS MAGAZINE

October 2017



Krishna Village imagery and mention

for a cause they are passionate about.
inspiredadventures.com.au

- **Project Futures** — a charity offering experiences that raise funds, educate and empower our generation to end human trafficking and exploitation.
projectfutures.com

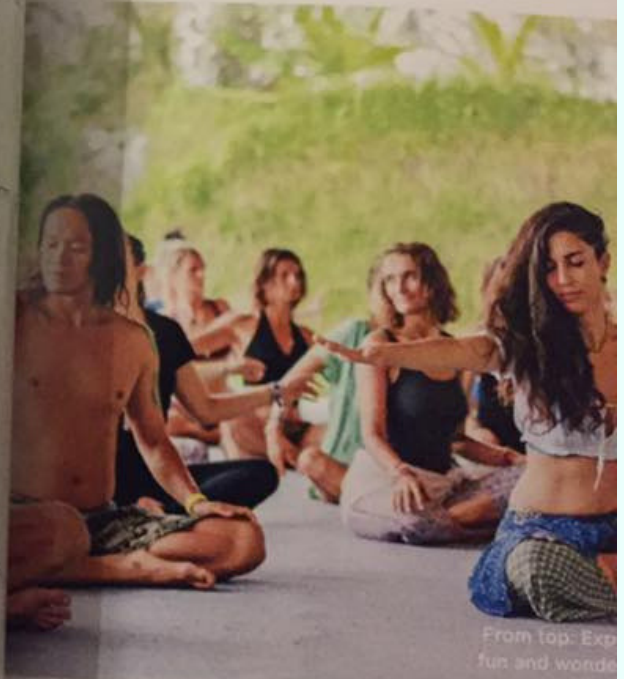
Meditation and yoga retreats

those who cannot go without their practice and want a truly conscious spiritual experience, you can't look for a meditation or yoga retreat. However, remember that a conscious spiritually rewarding trip doesn't mean you have to stay in an ashram for a long time. You can also look for retreats that allow you to explore the environment and take part in cultural activities such as an eco-friendly retreat. Eco-retreats offer a wonderful mix of yoga and other natural

In Australia, we have some stunning eco-retreats at our front door, as well as other great options further afield.

At home

- **Krishna Village.** An eco-yoga community set on an organic farm in northern New South Wales, it offers yoga and meditation, and volunteering options.
krishnavillage-retreat.com
- **Billabong Retreat.** An eco-yoga retreat just outside Sydney with a stunning backdrop, organic wholefood cuisine and yoga, mindfulness and meditation retreats.
billabongretreat.com.au
- **Sanctuary Retreat.** An eco-lodge at Queensland's Mission Beach, which shares the rainforest with its guests, while offering yoga



From top: Exp
fun and wonder

