



# Bunya Mountains Women's Retreat

Barambah Branch of QRRRWN and  
Downs and West Community Support invite you, on

Friday afternoon 9th March to Sunday lunch time 11th March 2012  
to unwind and relax with

Yoga	Tai Chi
Meditation	Laughter Workshops
Beading	Card making
Massages	Scarf dancing
Quiet walks in the forest	Find a quiet place and read

Catch up with old friends and meet new ones

Places are limited so please book early. RSVP 22 February  
Cost: \$60/head

Bring a plate to share for morning and afternoon tea, bring own breakfast, milk supplied  
Please bring own sheets and towels

Registration forms available on the QRRRWN web site [www.qrwn.org.au](http://www.qrwn.org.au)  
For registration please Contact Wendy on 0400 682 412  
or email on [wendy@datawave.net.au](mailto:wendy@datawave.net.au)



**Downs & West  
Community Support**

Continuing the Mission of the Sisters of Charity