



Holistic Health Retreats

Relax and Rejuvenate @ Chalet Suisse Spa
BATEMANS BAY, NSW

Achieve a better balance in your life with holistic health therapies and self empowerment coaching offered by the South Coast's best Practitioners.

Accommodation ♦ Healthy Meals ♦ Spa Treatments ♦ Workshops ♦
Bellydance ♦ Group Exercise ♦ Life Coaching ♦ Yoga ♦ Massage ♦ Tai Chi ♦
Bushwalking ♦ Nutrition Consultation ♦ Meditation ♦ Emotional Freedom

Only available from April to July 2010

Book your re-energizing break today!

4471 3671 ♦ info@chaletswissespa.com.au

