

SACRED SPACE

SATURDAY MORNING - 4.5.2024

WITH TINA

Spend the morning in sacred space with Tina @ the Leven Canyon, NW Coast Tasmania.

Together we will mindfully walk the 1.7km circuit to both the Cruickshanks & Edge lookouts taking approx 90mins. Followed by a byo snack/drink at the picnic area.

From there we will drive 3mins to the Leven Canyon floor track for a seated & lying down 60min yoga session.

Option to have lunch at Kaydale Lodge afterwards.



DETAILS

SATURDAY - 4.5.2024

\$140

- 8am Meet at Leven Canyon Picnic Area
Walk 1.7km circuit anti clock wise - approx 90mins
Morning tea - byo tea/snacks
- 10am 3min drive to Leven Canyon Floor Track
Walk to the bridge - approx 10min
60min gentle yoga practice, suitable for all
- 12pm Optional lunch* at Kaydale Lodge - (15mins drive back towards Ulverstone)
- *not included in price

PLEASE BRING

- **Suitable walking shoes/gear weather appropriate**
- **Yoga mat**
- **Water**
- **Snacks/hot drink for morning tea**

Leven Canyon is approx 40mins from Ulverstone, 2hrs from Launceston. Google map links will be provided on reservation.

We will be walking slowly however there are both hills & steep steps throughout the walk. If you are uncertain if this walk is suitable for your level of fitness please get in touch.