START YOUR YEAR WITH US ... REFRESH, REJUVENATE AND RE-INSPIRE

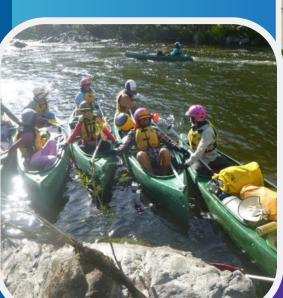
NONVIOLENT COMMUNICATION CANOE ADVENTURE



JOURNEY INCLUDES:

- Rivers, rapids, and remoteness in Northern NSW
- Wilderness campsites with more than 5 stars.
- Qualified NVC Facilitator with daily practices supported in real-life scenarios.
- Qualified & experienced river guides and canoeing equipment.
- Delicious, local, organic food.
- Morning wellness sessions.

NEW 6 Day adventure 10 - 15th Jan 2024



NORTHERN RIVERS, NSW



'It's a true journey
... both on the river, in the
river, and internally and
so worthwhile
You won't regret it —
it's really worth doing'
Franca,
Jan 2023



it's hard to imagine
that it wouldn't have an
impact on someone when
it's rest, recreation time and
adventure - it's a beautiful
balance it's a head and
heart' - Lotje
Jan 2023

more info: 0457 661 573 https://journeyoutdoorsinnature.com.au