

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

NONVIOLENT COMMUNICATION CANOE ADVENTURE



NEW 6 Day
adventure
10 - 15th Jan
2024

NORTHERN RIVERS,
NSW

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.



'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



'do it
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>