



find your flow

Living Synergy

retreats • raw food • massage • meditation • yoga

living synergy

Nurturing your inner light to shine brightly.

Allowing your unique being to unfold more fully.

Keeping it simple, keeping it real.

www.livingsynergy.com.au



jenny keenan m 0418 935 226 Dunsborough WA

retreats

Experience the synergistic effects of what high-vibration raw living food, yoga, meditation, massage, nature and the space to just be yourself can bring to your life.

raw food

Discover the many benefits of eating a wholefood plant-based diet high in raw living foods. Be supported and gently guided along your journey to tune into what works for you.

massage

Connect deeply to the stillness and source of life within. Strong, yet gentle and nurturing 1 ½ hr massage available to soothe your system and allow your flow to surface.

meditation

Opening you to a greater appreciation of how meditation can enhance your life. Providing the opportunity to experience this in a peaceful and relaxed environment.

yoga

Be introduced to the ancient science of yoga and learn how you can include it in your daily life to help strengthen, open and align your being on all levels.

online shop

Books/dvds to help you come to a greater understanding of your body's innate ability to heal itself. Also a range of healthful living products for your body, home and kitchen including the Living Synergy Nut Milk Bag.

