



SANCTUARY RETREAT 2019

June 23rd-29th

Thank you for your interest in the upcoming retreat. Please find following some information regarding the course and the available accommodation options. All prices include accommodation, yoga and pre-retreat dinner on the Sunday evening.

Enjoy a week of relaxation and yoga in Mission Beach, North Queensland, one of Australia's most beautiful places.. This is a great opportunity to deepen your practice under the guidance of Certified Ashtanga Yoga instructor Karyn Grenfell. During the retreat there will be ample time to explore the beautiful beaches, rainforest, and coral reefs.

The retreat will be held at 'Sanctuary', a unique rainforest eco-lodge in Mission Beach, North Queensland. The week promises to be a great balance of practice and theory...and spare time. There will be practice sessions before breakfast (but not too early!) and most afternoons there will be yoga philosophy and theory workshops and discussion. The workshops will focus on practical matters such as alignment, breath, dristi and bandhas with time also given for discussion about some of the philosophical concepts surrounding yoga.

This course is open to all students, from beginners to experienced practitioners.

Please contact us if you have any queries.

Schedule:

Sunday June 23rd @ 6.30pm

Join Karyn and fellow yoga practitioners at a tasty vegetarian dinner in The Sanctuary restaurant (included in fee).

Monday June 24th

7-9am - Mysore Style practice

3-4.30pm - Yoga philosophy/theory workshop

Tuesday June 25th

7-9am - Mysore Style practice

3-4.30pm - Yoga philosophy/theory workshop

Wednesday June 26th

7-9am - Mysore Style practice

Free time for resting or exploring!

Thursday June 27th

7-9am - Mysore Style practice

3-4.30pm - Yoga philosophy/theory workshop

Friday June 28th

7-9am - Led Primary series practice

3.30-4.30pm - Yoga philosophy/theory workshop

Saturday Aug 29th

Students free to depart at their leisure.



Inclusions

Pre-workshop dinner on the Sunday night (choice of vegetarian meal, salads & home baked bread), yoga tuition as per the above schedule and 6 nights accommodation is included in the fees.

Meal options

Dinner on the Sunday evening is included in the retreat fee. For other meals The Sanctuary has a casual restaurant that provides tasty, healthy, reasonably priced meals and snacks. There is also a well-equipped kitchen at The Sanctuary for self-catering. There are numerous cafes and restaurants in the surrounding area.

Travel

Book your own flights to Cairns as early as possible.

'Sanctuary' is 2 hours south of Cairns they can help arrange a transfer to and from the airport. This will cost about \$35-\$60 per person each way depending on numbers with a minimum of 6 passengers. Scheduled flight times need to be arriving in Cairns before 1.30pm on arrival and departing flights need to be booked after midday for them to organise the shuttle times efficiently for you.

During the retreat 'Sanctuary' provide courtesy bus trips into Mission Beach for those who want to explore or get supplies.

For further information see Sanctuary website FAQ section.

Cost per person;

Early Bird Discount of \$50 for bookings received and paid in full before December 1st 2018

Prices vary according to accommodation choices, please refer below;

Huts (share bathroom)

Hut – single	\$1062.00
Hut - Tw/DbI Share	\$873.00

Huts (ensuite)

Hut – single	\$1182.00
Hut - Tw/DbI Share	\$933.00

Cabins (ensuite)

Cabin – single	\$1554.00
Cabin - Tw/DbI Share	\$1164.00

Prices are gst inclusive



ASHTANGA **YOGA** MELBOURNE

Level 1, 167 Flinders Lane Melbourne
www.ashtangayogamelbourne.com.au

Reservations

Early bookings will secure your place and guarantee a choice of accommodation.
A \$300 deposit is required to reserve a place; full payment is required before June 3rd 2019.
Please notify us of your accommodation preference when you make your deposit;

Account details;

Name: Ashtanga Yoga Melbourne

BSB: 063012

Account: 10678775

Cancellation fee

Cancellations within 7 days of retreat commencement will incur a \$300 cancellation fee,
cancellations prior to this date will incur a \$50 administration fee.

More info?

Contact us – we're happy to assist with additional details.

For information about 'The Sanctuary' visit www.sanctuaryretreat.com.au

We hope to see you there!