

# Yoga Retreat - 6 nights, 5 days Sanctuary Retreat Mission Beach, QLD

Sat 9th to Fri 15th April 2022

This beautiful retreat centre is in the rainforest of north Qld, with a purpose built yoga room, equipped with props, a variety of accommodation and great vegetarian food, all within walking distance to Mission Beach! I have run a couple of yoga retreats here, approx 8 years ago and absolutely loved it!

Please see below for more details, prices do not incl gst:

- 14 yoga sessions practiced over the 5 days, including restorative, pranayama & philosophy.
- Vegetarian lunches and dinners.
- Rainforest Hut—\$1440 single with outside bathroom
- Deluxe Canopy Cabin—\$1980 single with an option of one room to twin share at \$1590
- visit [www.sanctuaryyogaretreats.com.au](http://www.sanctuaryyogaretreats.com.au) for information on accommodation styles and food menus.

## NOTE: You will need to arrange the following;

**Flights**—allow 1 day to arrive (Sat 9th April) and another day for departure (Fri 15th April);

**Transfers**—on arrival a bus will leave the airport at 3pm for Sanctuary \$45-\$65 approx one way and on departure (15<sup>th</sup> April) 7am to Cairns airport.

**Breakfast** — a self-catered kitchen is available for your use or you may wish to buy your breakfast daily at the centre. COVID policy on refunds:

Final payment is due 2 weeks before we attend our retreat.

This will be a wonderful adventure, so I hope you will be joining us :-)

Namaste