

3-DAY YOGA RETREAT

CORINELLA COUNTRY HOUSE: GREENHILL | 18-20 MAY



3 DAYS
ONLY
\$595 twin share



Immerse yourself in yoga, meditation, nature and like-minded people...

Our special Yoga Refresh break allow you to move at your own pace, to relax and unwind, and dip your toes into the simplicity of a yogic lifestyle. Take time off for personal reflection or be inspired by interaction with like-minded people. Find your own rhythm with options to join in on yoga classes, relaxation practice, meditation sessions and chanting. Immerse yourself in bush hikes or open country walks with spectacular views, writing, or reading. Spend time in the garden or find a spot in the surrounding native forest to meditate or just relax. Healthy vegetarian meals are provided throughout your stay, nourishing your body as you unwind from the busyness of daily life.

Leave feeling inspired, refreshed and equipped with new ways to bring balance into your heart and mind, and your home and work life.

THE PLACE

Corinella is a 220-acre farm at Greenhill near Kyneton and Malmsbury in Central Victoria. It is 45 minutes drive from Melbourne's airport and 10 minutes from Kyneton Railway station. The house is about 130 years old, has polished floors throughout, and has two living rooms with open fires, 5 bedrooms and 4 bathrooms.

Each room has a traditional fire place and reverse cycle heating and cooling. 3 bathrooms have a large spa bath. The water supply is from a spring. The area is famous for its spring water.

Corinella Country House is surrounded by 2 acres of garden. There are many rare spring bulbs and established trees reflect the first plantings of the 1900s. Over the years native birds have made the garden their home.

THE FOOD

All food will be vegetarian and delicious. Any special dietary requirements can be catered for with prior notice. As well as 2 main meals there will be snacks and hot beverages available throughout the day.

THE YOGA + MINDFULNESS

This retreat, which is suitable for all levels of ability, offers a great opportunity for you to immerse yourself in a yoga and mindfulness practice and explore how this then affects your whole being. Your hosts, Jacqui and Shimon's wisdom and experience will take your yoga practice to the next level.

PACKAGES

GREENHILL YOGA RETREAT:
FRI 18 from 5pm until SUN 20 3pm, MAY 2018
\$595 TWIN SHARE

Includes: 2 nights accommodation (max. 10 participants)

- All meals & snacks (Friday dinner to Sunday afternoon tea)
- Early morning Yoga session, Daytime mindfulness session plus afternoon Asana, Pranayama & Meditation.

Special Early Bird price
SAVE \$20 off if paid in full by Mar 30, 2018.

Extras

Corinella house offers 1 hour massages of all different techniques and types. (Prices available upon request).

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PARTICIPANT INFORMATION:

FIRST NAME: _____

LAST NAME: _____

BIRTHDATE: _____

GENDER: MALE FEMALE

PHONE: _____

EMAIL: _____

ADDRESS: _____

YOGA PRACTICE HISTORY:

ANY SPECIAL DIETARY CONSIDERATIONS:

ANY HEALTH / MEDICAL CONSIDERATIONS:

EMERGENCY CONTACT:

NAME: _____

PHONE: _____

TERMS + CONDITIONS: (see below)

I hereby state that the information I have provided in this application is true and correct.

I have read and accept the terms and conditions.

SIGN: _____ DATE: _____

PAYMENT OPTIONS: (Please choose ONE option)

PAY ONLINE (Payable at: www.hawthornyoga.com → Bookings)

CHEQUE (Please made payable to: **Hawthorn Malvern Yoga Centre**)

CREDIT CARD (please select type): MASTERCARD VISA

Please send or deliver completed form and payment to:

Hawthorn Malvern Yoga Centre
6/1 Milton Pde, Malvern 3144

NAME ON CARD: _____ EXP DATE: ____/____

CARD NUMBER:

3-DIGIT CSV: SIGN: _____ DATE: _____

TERMS + CONDITIONS:

PAYMENT POLICY:

A 20% deposit is payable upon application and fully refunded immediately if the retreat is full.

Full payment is due FOUR weeks prior to departure and participants agree to pay any outstanding balance no later than this date.

WAITLIST POLICY:

If the retreat is full, we can add your name to our waitlist upon request in writing, or advise of other available dates.

REFUND POLICY:

If the participant withdraws or transfers from the retreat, the following refund policy applies:

If the balance of the retreat fee is not received by the notified due date (FOUR weeks prior to retreat commencement), a participant's place may be offered to someone on the waiting list. The participants will forfeit the deposit paid.

a) If the participant withdraws 35 days or more prior to retreat commencement the participant will receive a full refund of all monies paid, minus an administration fee of \$100.

b) If the participant withdraws 25 days prior to the retreat commencement the participant will receive 75% of the full retreat fee, minus an administration fee of \$100.

c) If the participant withdraws 14 days prior to retreat commencement the participant will receive 50% of the full retreat fee, minus an administration fee of \$100.

d) If the participant withdraws 7 - 1 days prior to participant commencement or withdraws after the retreat commences, the full retreat fee is non-refundable.