

# 4-DAY YOGA RETREAT

KING ISLAND | 16-19 MAR 2018



4 DAYS  
ALL INCLUSIVE  
\$1550 twin share  
or \$1690 Private room

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

Ever wanted to experience King Island? Well here's your chance to discover and explore; shipwrecks, history, birdlife, stunning beaches and lighthouses, and of course, fresh local produce!

A maximum of 10 participants ensure an intimate experience during your stay on the jewel of Bass Strait. Immerse yourself in 2 Yoga classes a day, bask in sightseeing (we know the best and secret spots on the island) and dine on local cuisine.

With an abundance of space and quietness on this peaceful paradise, you will also meet and greet the local folk. They are never in a hurry and always ready for a chat. Breathe the freshest of air, look far out to sea into the "raging 40's" and experience a quietness beyond time. Take time off for personal reflection or be inspired by interaction with like-minded people. Leave feeling inspired, refreshed and equipped with new ways to bring balance into your heart and mind, and your home and work life.

If you want something prissy, try somewhere else, but if you want 'pristine' then King Island is your destination!

### THE PLACE

You will be staying on the Eastern side of the Island in a small village called *Naracoopa*. Naracoopa is said to be the Riviera of the Island because it is always Sunny! Naracoopa is 25 minutes from the main town Currie. Accommodation will be self-contained cottages and all rooms have heating/cooling and their own bathrooms and kitchen facilities..

### THE FOOD

All food will be vegetarian and delicious. Any special dietary requirements can be catered for with prior notice. As well as 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. For those who are unfamiliar with your hosts: Jacqui & Shimon, they have over 60 years of collective experience in teaching, studying and practicing Yoga. Shimon's good humour will lift your spirit and Jacqui's depth of Spiritual wisdom will leave you quiet within. They will both take your Yoga practice to the next level.

For more information about your hosts: Jacqui & Shimon, visit: [www.hawthornyoga.com/content/about\\_us.asp](http://www.hawthornyoga.com/content/about_us.asp)

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## RETREAT ITINERARY

### DAY 1 | FRIDAY 16

- Depart Moorabbin Airport @ 3.30pm
- Arrive King island @ 4.30pm
- Drive from Currie to Naracoopa
- Evening Mindfulness session
- Dinner

### DAY 2 | SATURDAY 17

- Morning Asana and Meditation class
- Breakfast
- Tour of Currie Lighthouse
- Visit to Kelp factory
- Heading North - Lunch at Cape Wickham (the tallest lighthouse in Australia)
- Disappointment Bay (You won't be disappointed!) Plus Mindfulness session
- Visit to Cheese Factory, watch a video of the cheese making on the island and take home some supplies
- Asana & Meditation in Naracoopa
- Dinner

### DAY 3 | SUNDAY 18

- Morning Asana and Meditation class
- Breakfast
- Down to the South of the Island – Seal Rocks
- Mindfulness walk to most southern tip of the island.
- Lunch at Surprise Bay
- Grassy harbour (main port of the island)
- Visit to kelp shop
- Visit to Art gallery
- Asana & Meditation in Naracoopa
- Dinner

### DAY 4 | MONDAY 19

- Breakfast and final Mindfulness session
- Leave King Island 9.00am
- Arrive Moorabbin 10.00am



## PACKAGES

**KING ISLAND YOGA RETREAT:  
FRI 16 until MON 19 MARCH 2018**

**\$1550 TWIN SHARE OR \$1690 SINGLE ROOM**

**Package includes: 3 nights accommodation and ALL flights and transfers to and from King Island.**

- All meals & snacks (Friday dinner to Monday breakfast)
- Early morning Yoga session, Daytime mindfulness session plus afternoon Asana, Pranayama & Meditation.
- Flights to and from Moorabbin to King Island and transfers to and from KI airport to Naracoopa
- Flights are ex: Moorabbin 16.3.18 @ 3.30pm  
Ex: King Island 19.3.18 @ 9.00am
- Two full days of touring around the Island.

**Special Early Bird price**

**SAVE \$50 off if paid in full by Dec 22, 2017.**

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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](http://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.