

4-DAY YOGA RETREAT

KING ISLAND | 30 NOV-3 DEC 2018



Immerse yourself in Yoga and Meditation amongst the rugged beauty of King Island!

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

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 twice daily Yoga and meditation classes, bask in sightseeing (we know the best and secret spots on the island!) and dine on delicious local cuisine. If you're looking for a prissy retreat, maybe try somewhere else, but if you want a 'pristine' retreat – then King Island is *your* destination!



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THE PLACE

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.

THE ACCOMMODATION

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 YOGA + MINDFULNESS

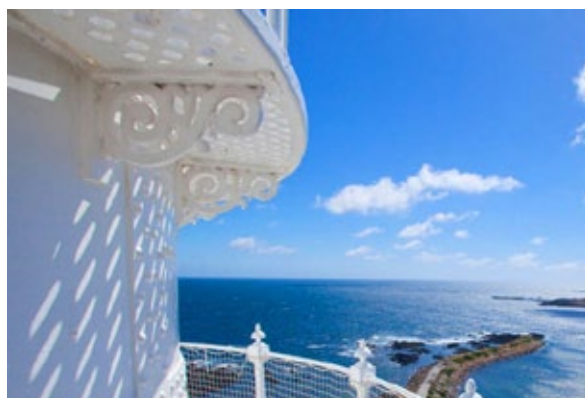
This retreat, which is suitable for all levels of ability, offers a great opportunity for you to immerse yourself in a yoga and mindfulness practice and explore how this then affects your whole being. For those who are unfamiliar with your hosts: Jacqui & Shimon, they have over 60 years of collective 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 our website: www.hawthornyoga.com

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.

On Day 2 of the retreat, we'll visit the King Island Cheese Factory, where you can sample their deliciously-crafted cheese products and take home some supplies too!



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RETREAT ITINERARY

DAY 1 | FRIDAY 30 NOV

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

DAY 2 | SATURDAY 1 DEC

- 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 2 DEC

- Morning Asana and Meditation class
- Breakfast
- Down to the South of the Island – Seal Rocks
- Mindfulness walk to the 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 3 DEC

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



PACKAGES

KING ISLAND YOGA RETREAT:
FRI 30 NOV until MON 3 DEC 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 30 Nov 2018 at 3.30pm
Ex: King Island 3 Dec 2018 at 9.00am
- Two full days of touring around the Island.

SPECIAL EARLY BIRD PRICE

SAVE \$50 off if paid in full by Aug 30, 2018.

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PARTICIPANT INFORMATION:

FIRST NAME: _____

LAST NAME: _____

BIRTHDATE: _____

GENDER: MALE FEMALE

PHONE: _____

EMAIL: _____

ADDRESS: _____

YOGA PRACTICE HISTORY:

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

NAME ON CARD: _____

EXP DATE: ____/____

CARD NUMBER:

3-DIGIT CSV:

SIGN: _____

DATE: _____

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: _____

Please send or deliver completed form and payment to:
Hawthorn Malvern Yoga Centre
6/1 Milton Pde, Malvern 3144

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.