

# 4-DAY YOGA RETREAT

KING ISLAND | 23 APR-26 APR 2021



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

**4 DAYS**  
**ALL INCLUSIVE**  
**\$1750** twin share

or \$1890 Single 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 9 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

We will be staying in Grassy on the east coast of the island. 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

The *Wilderness Retreat* consists of 6 x Queen Ensuite Rooms and 1 x Deluxe King Spa Room (can sleep up to 14 guests) A total escape within a 2 minutes' walk of the village centre. Nestled in its own private bush setting. This spacious area provides guests with a large lounge, entertainment and reading area, this flows into breakfast & restaurant area which greets the morning sun.



## 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](http://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. You will be well fed by our local caterer Denise Brewer. Her food is amazing and she uses produce from her own garden. On Day 1 of the retreat we will have a packed lunch for you on arrival to the Wellness retreat centre. 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! On Day 3 of the retreat on the 'Hidden South Experience' a special lunch will be provided.



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## RETREAT ITINERARY

### DAY 1 | FRIDAY 23 APR 2021

- 11.30am Convene at Moorabbin Airport for 12.00pm Flight
- 1.00pm Arrive at King Island!
- Jacqui & Shimon will meet you at the KI airport.
- From there we will drive for 30 minutes to the sunny side of the island Grassy Wilderness Centre where we will get settled in our rooms.
- There will be a lunch pack on arrival for you.
- 5.00pm Convene in Yoga room for a talk on the weekend
- 5.30pm – 7.00pm Yoga session
- 7.30pm Dinner at Café Brewer



### DAY 2 | SATURDAY 24 APR 2021

- 7.30am – 8.30am Yoga session
- 8.45am Breakfast
- 10.30am Day Tour
- Cape Wickham Lighthouse, Disappointment Bay, visit the famous Cheese factory, Tour of the Currie Lighthouse and museum.
- Stroll around Currie town ship and harbour.
- Visit Kelp Factory
- Denise will pack us a healthy lunch to take.
- 5.00pm Return to Grassy
- 6.00pm – 7.15pm Yoga session
- 7.30pm Dinner at Café Brewer
- 9.00pm Penguin show at Grassy Harbour



### DAY 3 | SUNDAY 25 APR 2021

- 7.00am – 8.00am Yoga session
- 8.15am Breakfast
- 9.15am Day Tour

#### **KING ISLAND -The Hidden South Experience**

The journey starts at *King Island Wilderness Retreat*, Grassy, prior to departure at 9am in a purposely-built 4WD all terrain vehicles guided by locals that share with you their knowledge of Fauna, Flora & History



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## RETREAT ITINERARY

We leave the road network and climb the pinnacle sand dunes to the east and discover the picturesque bays and coves not seen by the normal visitor to King Island. It is here where we break for the traditional morning tea. Hugging the coastline, sighting shorebirds and learning about the 5th generation farming family of the Bowlings.

Onwards to Seal River, following its mirror images cast in its tranquil setting and viewing gliding swans and inland wadders. Onto Big Lake, that takes us on a turn in direction, tracking to the West coast. Destination Seal Rocks Reserve and of course the 7000 year old Calcified forest. Within this location we break for a white tablecloth lunch. A true paddock to plate experience.

After lunch our journey carries us further south. Broadening your knowledge of our early history, sealers, lighthouses, kelp and its harvesters, all at the cold face that has weaved the fabric of Island life. Our journey will take us to the most southern point. An opportunity to explore flotsam & jetsam on the beach.

From here we journey back to the *King Island Wilderness Retreat* at around 4pm.

We guarantee that you will be talking about your experience with your friends long after your visit to King Island.

- 5.30 pm–7.00pm Restorative Yoga session
- 7.30pm Dinner at Café Brewer

### DAY 4 | MONDAY 26 APR 2021

- 7.30am–8.30am Yoga session
- 8.45am Breakfast
- 10.30am–11.00am A short mindful and farewell stroll along the pier.
- 12.00pm Leave Grassy
- 1.00pm King island airport – Moorabbin



## PACKAGES

### KING ISLAND YOGA RETREAT:

23 APRIL until 26 APR 2021

\$1750 TWIN SHARE OR \$1890 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 23 April 2021 at 12.00pm  
Ex: King Island 26 April 2021 at 1.00pm
- Two full days of touring around the Island.

