

# 4-DAY YOGA RETREAT

KING ISLAND | 18-21 NOV 2022



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

**4 DAYS**  
**ALL INCLUSIVE**  
**\$1850** twin share

or \$1990 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 accommodation is cabin style with kitchen facilities and private bath. Warm and comfortable with heating and sea views.



## 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.hawthornyyoga.com](http://www.hawthornyyoga.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 Naracoopa along with a "welcome dinner".

**On Day 2** of the retreat, breakfast, lunch (packed) and dinner.

**On Day 3** of the retreat, breakfast, lunch (packed) and dinner.

We will also 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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## DAY 1 | FRIDAY 18 NOV 2022

- 11.00am Convene at Moorabbin Airport for 11.30am Flight
- 12.30pm 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 Naracoopa where we will get settled in our rooms.
- There will be a lunch pack for you on arrival to Naracoopa.
- 3.00pm Convene in Yoga room for a talk on the weekend followed by a quiet afternoon to reflect, enjoy a leisurely stroll along the Naracoopa foreshore, pier, and surrounds.
- 5.30pm – 7.00pm Yoga session
- 7.30pm Dinner
- 9.00pm King Island historical movie

## DAY 2 | SATURDAY 19 NOV 2022

- 7.30am – 8.30am Yoga session
- 8.45am Breakfast
- 10.30am Day Tour....
- We are heading South to the most Southern point of the island where the coast is rugged, wild & treacherous.
- View spectacular scenery, bask in the freshest air and see Bass Strait in its wild glory.
- Packed lunch at Grassy harbour (the island's main port)
- 4.00pm Return to Naracoopa
- 5.30pm – 7.00pm Yoga session
- 7.30pm Dinner at Café Brewer
- 9.00pm Penguin viewing at Grassy harbour

## DAY 3 | SUNDAY 20 NOV 2022

- 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 town ship, harbour & Kelp factory.
- 3.00pm Lighthouse and museum.
- Denise will pack us a healthy lunch to take.
- 5.00pm Return to Naracoopa
- 6.00pm – 7.30pm Yoga session
- 7.30pm Dinner

## DAY 4 | MONDAY 21 NOV 2022

- 7.30am – 8.30am Yoga session
- 8.45am Breakfast
- 10.30pm Leave Grassy and leisurely drive through Currie to the famous bakery & then to airport
- 1.00pm King island airport – Moorabbin



## PACKAGES

### KING ISLAND YOGA RETREAT:

18 NOV until 21 NOV 2022

**\$1850 TWIN SHARE OR \$1990 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 18 Nov 2022 at 11.30am  
Ex: King Island 21 Nov 2022 at 1.00pm
- Two full days of touring around the Island.

