

# 3-DAY YOGA RETREAT

KRISHNA'S OTWAY RETREAT | 26-28 OCT



KRISHNA'S OTWAY  
RETREAT



3 DAYS  
ONLY  
\$495 twin share

## Immerse yourself in Yoga and Meditation amongst the beauty of the Otways Ranges!

*Krishna's Otway Retreat* is a holistic retreat centre that has been dedicated to serving the Victorian community since 2000. As they have grown, we have remained true to their philosophy of providing a natural, pure and nourishing space for groups to practice and learn. They have become well known for our delicious vegan/vegetarian food, friendly service, and our unique location which provides easy access to both state forest and the Great Ocean Road.

Take time off for personal reflection or be inspired by interaction with like-minded people. Find your own rhythm with yoga classes, relaxation practices, 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.

# 3-DAY YOGA RETREAT

KRISHNA'S OTWAY RETREAT | 26-28 OCT



## THE PLACE

*Krishna's Otway Retreat* is situated on 200 acres of beautiful forest woodland. Their facilities include one main building with a dining room, shop, commercial kitchen, games room and yoga hall/conference room. Their two accommodation facilities are roomy and comfortable, with various sized bedrooms and communal and private bathrooms. In addition, the property offers a playground and a variety of outdoor spaces, including an organic garden and ahimsa dairy.



ISKCON®  
KRISHNA'S OTWAY  
RETREAT

## 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 do not know 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. Enjoy 4 yoga classes and 2 mindfulness sessions throughout the weekend.

## THE FOOD

*Krishna's Otway Retreat* provides three vegan/vegetarian meals a day for our guests with the emphasise on nutrition, wellbeing and flavor. Each menu is based upon wholesome foods which support a yoga lifestyle. They cater for a variety of tastes and cuisines. Their chefs source the produce from our organic market garden where possible.

All meals are prepared with the focus of optimising health, maximizing nutrient retention and harnessing the natural goodness in the food. The chefs are trained in the bhakti yoga tradition, and see the preparation of each meal as a form of meditation. There love and devotion can be tasted in every dish. Thus you will feel nourishment for your body, mind and soul with every mouthful! Naturally, they cater for all of your special dietary needs with a variety of menus, ie: gluten-free, dairy-free, sugar-free, etc.



## PACKAGE

**KRISHNA'S OTWAY RETREAT:**  
**FRI 26 from 5pm until 2pm SUN 28 OCT 2018**

**\$495 TWIN SHARE**

Package includes: 2 nights accommodation

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

### Special Early Bird price

**SAVE \$20 off if paid in full by Aug 30, 2018.**

### Extras

*Enjoy the gardens: Krishna's retreat centre is surrounded by acres of garden and bushland. There are many rare natives, ferns and established trees that reflect the beauty of the Otway's. Enjoy the abundance of bird life.*

# 3-DAY YOGA RETREAT

KRISHNA'S OTWAY RETREAT | 26-28 OCT 2018



## 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](http://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.