

# 3-DAY YOGA RETREAT

HEALESVILLE | 23-25 FEBRUARY 2024



3 DAYS  
ONLY  
\$745 twin share  
or \$795 Private room

## Immerse yourself in Yoga and Meditation amongst the natural beauty of the Healesville!

Our special Yoga Refresh break allow you to move at your own pace, to relax and unwind, and dip your toes into the simplicity of a yogic lifestyle. Take time off for personal reflection or be inspired by interaction with like-minded people. Find your own rhythm with options to join in on yoga classes, relaxation practice, 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

HEALESVILLE | 23-25 FEBRUARY 2024



**Immerse yourself in yoga, meditation, nature with like-minded people...**

## THE PLACE

Nestled amongst the trees in Healesville, *Maitripa* reflects a simple yet homely beauty, almost monastic in tone. A place to retreat, to restore, to reconnect to silence and the wonders of nature, to share stories and timeless practices.

For those able to arrive earlier your room will be available from 4pm. However, we will not be meeting as a group until 5pm.

All rooms have heating/cooling and shared bathrooms.

## THE FOOD

All food will be vegetarian/vegan and delicious. Any special dietary requirements can be catered for with prior notice. As well as main meals there will be 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 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.

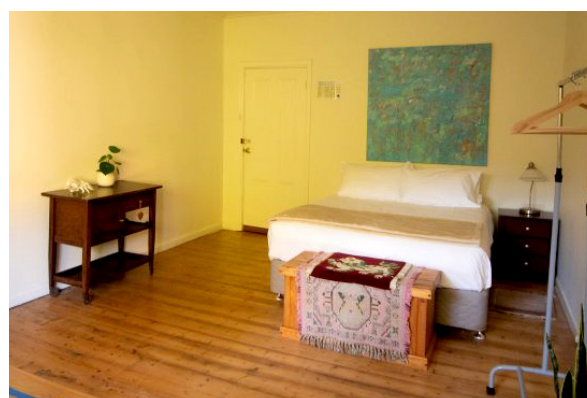
The retreat offers space to celebrate the simple and profound peace and joy that comes when we reconnect to the deepest part of us, untouched as it remains by external circumstances.

## ACCOMMODATION

*Maitripa Centre* offers single bed accommodation in single and double share rooms. All bedding and sheets are provided however you may wish to bring an extra blanket for warmth. *Maitripa* also requires guest to bring their own towel and soap.

## WHAT TO BRING

A Yoga mat, brick and strap and an open heart. Please also bring own bath towel and soap.



## PACKAGES

**HEALESVILLE YOGA RETREAT:**

**Fri 23 Feb from 5pm – 3pm Sun 25 Feb 2024**

**\$745 TWIN SHARE OR \$795 SINGLE ROOM**

Package includes: 2 nights accommodation

- All meals (Friday dinner to Sunday lunch) Early morning Yoga session, Daytime mindfulness session plus afternoon Asana, Pranayama & Meditation.

# 3-DAY YOGA RETREAT

HEALESVILLE | 23-25 FEBRUARY 2024



## PARTICIPANT INFORMATION:

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

GENDER:      MALE       FEMALE

AGE: \_\_\_\_\_

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 contact us for details)

CREDIT CARD (please select type):      MASTERCARD       VISA

NAME ON CARD: \_\_\_\_\_

CARD NUMBER:

3-DIGIT CSV:

SIGN: \_\_\_\_\_

EXPIRY:

DATE: \_\_\_\_\_

Please email your completed form to:  
[hawthornyoga@gmail.com](mailto:hawthornyoga@gmail.com)

### TERMS + CONDITIONS:

#### PAYMENT POLICY:

A 50% 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. In the event of extreme circumstances that prevents the retreat from running, alternative dates will be offered or your retreat will be refunded in full

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.