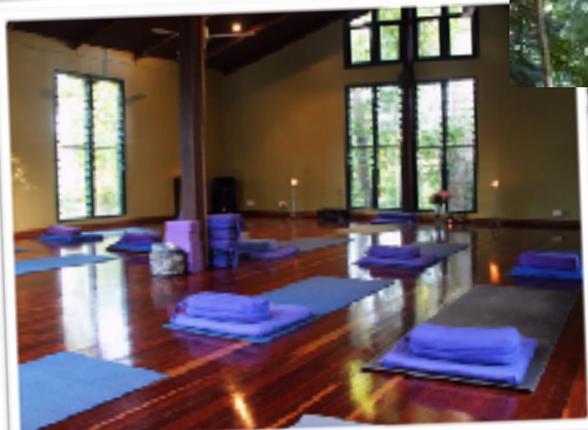
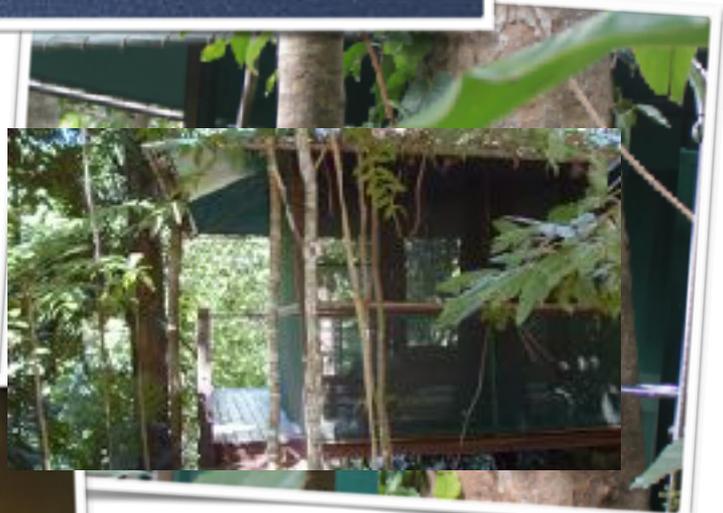


# Mission Beach Yoga Retreat

with



Rosie  
and Jyoteeka

# **Iyengar Yoga Retreat at Sanctuary Retreat Mission Beach, Cairns**

Sanctuary Retreat is a purpose built Yoga retreat centre about 14km from Mission Beach. Mission Beach is 2 hours south of Cairns.

The resort we will be staying at is an Eco lodge, in the forest just above a beach. The accomodation is built into the forest, made up of rain forest huts with or with out bathrooms or there are deluxe cabins. There is a pool, the food is excellent, the staff are fantastic. See [www.sanctuaryretreat.com.au](http://www.sanctuaryretreat.com.au) for more details.

Yoga classes are split into two groups. A beginners/general Yoga Group who will have a morning class from 7.15am to 9.15am and an afternoon class from 3pm to 4.30pm. This group will be with Jyoteeka and will give a great grounding for your continued home practice.

The more experienced Yoga Group will be with Rosie. They will have a 2.5 to 3 hour morning class and a 1.5 hour class in the afternoon. This is for more experienced practitioners or teachers.

There is a beautiful dedicated Yoga room with some props.

We will have an afternoon mid week where there will be a break in classes. This will be a good opportunity to take a trip out to the Great Barrier Reef which is an hours boat ride away.

Travel: Fly from your home to Auckland on Saturday 29th of June, On the 30th June we will fly direct to Cairns on Air New Zealand. From here we will organise shuttles to Mission Beach or if you could choose to hire a car. Coming home we can fly directly from Cairns to NZ to the regions in one day so no need for a layover in Auckland. Our travel agent has offered to organise a group rate on Air New Zealand. Her contact is [Tracey.dench@nztravelbrokers.co.nz](mailto:Tracey.dench@nztravelbrokers.co.nz)

Accommodation: The rooms are set in the jungle with 3 different levels available.

Rain forrest hut with shared bathroom



Rain forrest hut with ensuite



Delux cabin with ensuite



The cost for 7 days Accomodation and Yoga is

Rain Forrest room with shared bathroom -

Share twin- \$945      Single - \$1155

Rain Forrest room with ensuite -

Share twin- \$1015      Single- \$1300

Deluxe cabin -

Share twin \$ 1300      Single \$1715

## Food:

There are options for how you would like to organise your food for the week therefore your food costs will be on top of the cost for accomodation and Yoga. There is a dedicated kitchen for you to cook your own meals or you can enjoy the beautiful food from the restaurant. (There is a shuttle into Mission beach everyday where you could stock up on supplies for any meals.)

## In the Restaurant:

The Breakfast buffet each day consists of homemade Organic muesli (gluten free also available), fresh fruit, home baked goods which can be vegan/paleo friendly, various homemade breads, porridge and eggs, tea and Juice. The cost of breakfast is \$24 per person per day.

The Lunch buffet would consist of fresh homemade soup and bread, various salads and maybe a frittata or falafels or something similar. The cost of lunch is \$24 per person per day.

The evening meal is a daily changing menu consisting of a choice of three vegetarian meals with shared salads. All meals are stunningly presented, fresh, homemade and delicious. The evening meal is \$31 per person per day.

A fully catered retreat is cost \$75 per person per day and there is a tea and coffee station in the downstairs area of the longhouse with snacks like fruit and biscuits available all day to the group.

To confirm your space please pay a non refundable deposit of \$500 into Rosie Hollands account - No. 02 - 0727 - 0189203 - 97

The Price of your workshop will be dependant on your option for accomodation or food.

The accomodation is booked for you to arrive on 30th June and depart on 7th July.

Transfers from Cairns to Mission Beach return will be organised but at an extra cost. (Between \$35 and \$60 each way) Flights and insurance are not included in the price.

We will need to bring some props but not as many as the last two years! We are looking forward to working in this lovely Yoga room surrounded by the forrest.

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