

WEEKEND YOGA RETREAT IN HEPBURN SPRINGS 13-15 OCTOBER 2017

Learning to pause..

'As we give ourselves a tiny margin, a sliver of space to pause....and aim to do this during our day...we begin to connect with a different centre of stillness and listening ..and we find a new centre from which to live'. Inviting Silence, G. Norris

Deepen your experience with all aspects of yoga by immersing yourself in a weekend of yogic lifestyle, whilst absorbing the energy of nature.

Continental House, Hepburn Springs, is the location for a long-awaited weekend retreat with Experience Yoga. Set in the Australian bush, this Centre has been refurbished and is the home to many retreats, ideally appointed with:

- ☞ 12 private rooms each with ensuite, linen, toiletries, heating & cooling
- ☞ A practice room including yoga equipment
- ☞ An amazing local vegan chef
- ☞ Turkish hammam steam room, massage – additional cost

<https://www.facebook.com/Continental-House-Hepburn-593623800685685/>

Schedule

- ☞ Arrival from 4pm Friday 13 October
- ☞ Departure from 11.30am Sunday 15 October

Program includes but not limited to:

- ☞ Restorative yoga @ 530pm Friday, followed by meditation
- ☞ Dinner @ 6.45pm and evening program Friday – it's OK to arrive then!
- ☞ Saturday & Sunday morning – meditation, extended hatha class, breakfast, program
- ☞ Saturday afternoon – free time to walk, read, steam (additional cost & prior booking)
- ☞ Saturday evening: deep rest; dinner; evening program

Recent experience with yoga practice is required.

Cost includes all meals, program, accommodation:

Early bird rates – closed 30 June 2017

- ☞ \$550 queen or twin private
- ☞ \$390 pp twin share (nominate person to share with)

Full rates:

- ☞ \$590 queen or twin private
- ☞ \$420 pp twin share (nominate person to share with)

To book in and pay, click on 13 October on the Timetable on the home page OR transfer payment to:

Experience Yoga
National Bank
BSB: 083 136
Acct 866 989892

CANCELTION

All cancelations are to be made by email to caroline@experienceyoga.com.au and will incur a \$150 administration fee.

Cancelations received by:

- **Thursday 24 August** will receive a full refund, less \$150 administration fee.
- **Thursday 14 September** will receive a 50% refund, less \$150 administration fee.
- **Friday 15 September** will receive no refund

Please do not hesitate to ask any questions!

I'm looking forward to having you.

Om Shanthi, Caroline