




Island Escape Yoga Retreat

Thank you for your interest in our Island Escape Yoga Retreat at Lady Elliot Island Eco Resort QLD.

Sunday 25 to Friday 30 August 2013 



Retreat to the iconic, beautiful and truly unique Australia's World Heritage Great Barrier Reef and explore its marine wilderness staying 5 nights / 6 days at Lady Elliot Island Eco Resort 40 minutes north east of Harvey Bay, Queensland.

This is an exclusive opportunity to deepen your practice with Swami Jasraj Puri, a long standing Australian luminary of the Yoga in Daily Life tradition, in a place of solitude and remarkable beauty. It is a special retreat for all who wish to explore yoga at greater depth.

Originally from Sydney, **Mahamandaleswar Swami Jasraj Puri** has been living in India since 1996. He now manages the Yoga in Daily Life ashram in Rajasthan, which includes a school of 1500 pupils, a hospital, an animal shelter and a research centre. In 2010, he became the first western Mahamandaleswar, one of the highest spiritual titles in India. A qualified Physiotherapist, he has devoted his life to social service and the study of the practical and philosophical aspects of Yoga. A highly respected and inspiring yogi whose immersion in the yogic life in India has contributed to his deep insight and experiences. With his western background we have the unique opportunity to learn from someone who can offer us these valuable ancient teachings in a modern and relevant context and a clear, down to earth manner.

Lady Elliot Island is located within the Great Barrier Reef Marine Park in the highest possible classification of Marine National Park Zone by GBRMPA. Here you can step off the beach and snorkel, swim or dive in an underwater world of brilliantly coloured species of marine life, or just simply relax and soak in the natural island atmosphere. With fantastic water clarity, a sparkling lagoon on the eastern side and postcard reefs right off the beach on the southern side if you're a nature lover it would be hard to beat this island anywhere in the world for diversity and accessibility. You may encounter turtles, dolphins and a large variety of coral, fish and giant manta rays. We will be there in the right season to see migrating humpback whales blow and breach. There is always an awesome display of nature to behold.

What's included ...

- Time and space away from the usual distractions and business of day to day life
- Time and space to stop and listen to your inner voice
- Inspiring talks that explore and develop your knowledge of yoga
- Guided sunrise / sunset meditation sessions
- Invigorating and rejuvenating daily yoga (asana & pranayam) suited for all levels of experience (1 or 2 each day)
- Waking to the sound of the ocean on the untouched beach
- Swimming or snorkeling in the turquoise waters (a lesson & use of snorkel equipment included.) (Diving is extra)
- Strolling sandy beaches and reef walks
- A glass bottom boat ride / guided snorkel tour (1pp)
- Filling yourself with positive energy through Yoga Nidra (guided deep relaxation)
- Vegetarian (or vegan) buffet breakfast and dinner at the beachfront dining room
- Watching turtle, marine and bird life in their natural habitat (guided walks included).
- Lazing in the sun by the pool or beach
- Time by your self and time with others
- Sleeping 5 nights peacefully in a budget Eco Hut, or upgrade to a Garden or Reef Unit, the choice is yours (prices vary). Linen, towels (bath & beach), soap and shampoo is provided.
- The scenic flight to & from the mainland ex Harvey Bay or Bundaberg
- Environmental Management Charge (Government Fee) and GST is included in the cost

ACCOMMODATION

The prices include all that is stated on page 1 in the "What's Included" list.

The existing infrastructure was renovated into a sustainable practice eco resort in 2005. All the rooms are fan cooled and there are no televisions, radios or telephones to remind you of the life you've left behind. With the environment in mind, all linen is supplied, also towels, soap & shampoo. Communal washing machines, dryers and ironing facilities are available.

Eco Huts - Budget Accommodation



The Eco Huts are roomy permanent safari-style tents with polished wooden floors. Each hut caters to maximum four people with two sets of double bunk single beds in each. The huts are constructed with canvas ceiling and walls with a flysheet over the top for added shading and temperature control. All windows have fly screens and zip up canvas portions for privacy, in addition to privacy dividers mounted externally to all side windows. Electric lighting and power points are available in every cabin as well as a free standing fan. A small entry patio is furnished with chair and table for added relaxation. Lockers are available on the island for valuables that you may want to secure. Communal toilets & showers are 30 metres away. Communal coffee and tea facilities are available.

Sole Use \$1590pp Share \$1320pp (2 - 4 people)

Garden Units



Garden units are furnished with a queen and a bunk bed comprising two singles. Polished timber floors, wardrobe space and a ceiling fan are available in every Garden Unit. Tea and coffee making facilities and a mini bar fridge are provided, and each unit has several 240V power points for low power devices like camera chargers. There are also power points in the ensuited roomy bathroom which has shower, toilet and basin. Each unit has its own large balcony with patio furniture arranged so that you can make the most of the views, and this is enhanced by the fact that all the Garden Units are slightly elevated

Sole Use \$1910.00pp Share \$1650.00pp (2 - 3 people)

Reef Units



Some of these units have just a queen bed but most of these units are furnished with a queen and a bunk bed comprising two singles. Polished timber floors, wardrobe space and a ceiling fan are available in every Reef Unit. Tea and coffee making facilities and a mini bar fridge are provided, and each unit has several 240V power points for low power devices like camera chargers. There are also power points in the ensuited roomy bathroom which has shower, toilet and basin. Each unit has its own large balcony with patio furniture arranged so that you can make the most of the views, and this is enhanced by the fact that all the Reef Units are slightly elevated (three steps up).

The majority of Reef Units are less than 10 metres from Sunrise Beach.

Sole Use \$2035pp Share \$1765pp (max 2 - 3 people)

FLIGHTS - *Flights to and from the island are included in the cost.*

Make your own way to Harvey Bay or Bundaberg.

For connecting flights please leave at least 1 hour between connections.

- ▶▶ Going to the island flight times are
From Harvey Bay 12.40pm From Bundaberg 1.10pm
- ◀◀ Leaving the island flights depart at 11am.

Depending on how many we are more flights can be added.

Virgin Australia flies direct from Sydney to Hervey Bay (Fraser Coast).

Qantaslink fly direct from Brisbane to either Hervey Bay or Bundaberg.

Tory's InterCity, provides a daily air-conditioned coach service between the Fraser Coast (Hervey Bay and Maryborough) and Brisbane. (Airport and City Transit Centre in Roma Street). The ride takes 4 – 5 hours.

 **TERMS & CONDITIONS – Please read carefully**

For the purposes of the retreat atmosphere we request alcohol, tobacco, recreational drugs, and non-vegetarian foodstuffs are not to be consumed at the retreat.

PAYMENT Bookings with payment are requested before 25 July 2013. After that date bookings are subject to availability. Yoga in Daily Life cannot guarantee or reserve a place until full payment is received.

CANCELLATION

If a cancellation is made up to 30 days before the start of the retreat a refund of the total balance minus \$300 will be given. For any cancellations after this time the total balance is non-refundable. This is Lady Elliot Islands policy.

 **Registration Form Island Escape Yoga Retreat 2013**

Your Details: please write clearly

Name: _____ Please circle: male / female

Address _____

Email Address: _____

Phone: _____

Please advise level of yoga experience: _____

Please advise any food allergies/ intolerances: _____

Have you done a class /retreat with Yoga in Daily Life before? If Yes When? _____

If you have a **medical condition that we should know about**, such as high blood pressure, diabetes, depression, arthritis, or **special dietary requirements** please include a note with your registration form. The information will be kept confidential and will assist the retreat organisers and Yoga instructors to adapt the classes.

Please inform me of upcoming events using the email address I have given (✓)

We value your privacy. Your email address will not be given to a 3rd party. Our full privacy policy can be viewed at <http://www.yogaindailylife.org.au/privacy.htm>

Payment Options: Payment is requested with the booking.

Phone: to use your Visa or Mastercard. Call us during office hours 9427 0977

Email: Mastercard or Visa # _____ / _____ / _____ / _____ Exp # __ / __.

EFT: Yoga in Daily Life ANZ Bank BSB 013412 ACC 353100429 with reference of *YOUR NAME* & "IER".

Please note here the date you made the deposit _____

I agree to the t & c's (see top of this page). Please sign here: _____

We will contact you to let you know we have received everything.

How did you find out about us?

Classes? Internet search?

Got a questions? Please contact us. WANT TO BOOK IN? Forward this registration form to:

 Yoga in Daily Life **Email:** melbourne@yogaindailylife.org

Phone: (03) 9427 0977

Post: Yoga in Daily Life. Level 1, 8 Corsair St Richmond VIC 3121

We will email you a receipt confirmation and instructions on what to bring etc.