

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

Sunday 23 to Friday 28 August 2015.



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

This is an exclusive opportunity to deepen your yoga practice with experienced Yoga in Daily Life teachers, in a place of peaceful solitude and remarkable natural beauty. It is a special retreat for all who wish to connect more deeply with yoga and nature.

At Lady Elliot Island Eco Resort on the Great Barrier Reef, 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. The lagoon protects and nurtures the curiosity of beginners while a little further out those experienced at snorkeling and diving can descend to see the coral sea. With exceptionally clear water year round, 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 breech. See images from our 2014 retreat > here

What's included?

- Time and space away from the usual distractions and busyness 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 & pranayama) suited for all levels of experience (1 or 2 each day)
- Waking to the sound of the ocean on the untouched beach
- Swimming, snorkeling or diving in the turquoise waters (a snorkeling lesson & use of snorkel equipment included)
- Strolling sandy beaches and reef walks
- A glass bottom boat ride or guided snorkel tour (1pp)
- Filling yourself with positive energy through Yoga Nidra (guided deep relaxation)
- Vegetarian (or vegan) breakfast and dinner at the beachfront dining room (lunch is extra)
- 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
- Sleep 5 nights in a budget Eco Hut, or upgrade to a Garden or Reef Unit, the choice is yours (prices vary). Linen, towels, soap and shampoo is provided.
- The scenic flight to & from the mainland ex Harvey Bay
- Environmental Management Charge (Government Fee) and GST is included in the cost

Photos from the Lady Elliot Island Facebook page











ACOMMODATION

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

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 and changed regularly. Fresh towels are available daily. 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 \$1560pp Share \$1319pp (up to 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 \$1862pp Share \$1642pp (up to 4 people)

Reef Units



The majority of Reef Units are less than 10 metres from Sunrise Beach. Sole Use \$2134 pp Share \$1747 pp (up to 4 people) 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).

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

Make your own way to Harvey Bay

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

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

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 Hervey Bay.

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

Deposit \$395 at the time of booking. Balance is due before 20 July 2015. Bookings after 20 July full payment is requested Yoga in Daily Life cannot guarantee or reserve a place until full payment is received.

CANCELLATION

If a cancellation is made up to 1 month before the start of the retreat a refund of the total balance minus \$395 will be given. \$95 is an admin fee. \$300 was paid to the island under your name to secure your accommodation. This money is not refundable but possibly transferable (conditions apply) under the islands policy.

For any cancellations after this time the total balance is non-refundable. This is the islands policy.

Registration Form Island Escape Yoga Retreat 2015

Your Details: please write clearly

Name:	Please circle: male / female
Address	
Email Address:	
Phone:	
Preferred accommodation option (subject to availability)	
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.

O 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.

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

EFT: Yoga in Daily Life ANZ Bank BSB 013412 ACC 353100429 with reference of *YOUR NAME* & the name of the retreat "IR15". Please note here the date you made the deposit ______

Email: Pay by Phone or EFT & email this completed registration form to <u>mailto:adelaide@yogaindailylife.org</u> If you do not have a scanner, try taking a photo your completed registration & email us the photo. Or simply type the requested details into the text of the email & don't worry about the form.

Phone: to use your Visa or Mastercard. Call us during office hours 03 9427 0977

l agree to the terms & conditions's (see above). Please sign here:

Once we have received everything & we will email you a receipt confirmation and instructions on what to bring etc.

How did you find out about us?

Internet? Friend? Yoga Class? Newsletter?