



# 3-DAY YOGA RETREAT

ROCKLYN ASHRAM | 21-23 FEBRUARY 2025



3 DAYS  
ONLY  
\$645 Twin Share  
or \$845 PRIVATE ROOM



## Immerse yourself in Yoga, Meditation and Nature, with like-minded people in an authentic Yoga Ashram

This 3-day retreat is a rare opportunity to experience an authentic and traditional yogic way of life at the Rocklyn Ashram in Victoria. The Ashram is on the edge of the Wombat State Forest near Daylesford and is distinguished by its tranquil setting and peaceful natural environment. This retreat is an opportunity to immerse oneself in all the main practices of Yoga from Asana, Pranayama, Meditation, Mouna (silence), Karma Yoga and self-reflection.

You will practice yoga twice a day, meditate, practice mindfulness, and relaxation and observe silence for self-reflection and mental poise. You will also have an opportunity to assist in the running of the Ashram with 20 minutes of daily self-service (Karma Yoga). Other traditional practices include Kirtan, Mantra chanting and Havan (fire ceremonies) offering peace for humanity, personal wellbeing and environmental protection.

There will be time to sit in the beautiful gardens or find a spot in the surrounding native forest to meditate or just relax. Browse the Ashram library and discover their sacred Yoga texts, and enjoy healthy vegetarian meals throughout your stay, nourishing your body as you unwind from the busyness of daily life.



# ROCKLYN ASHRAM YOGA RETREAT

## 21-23 FEBRUARY 2025



Our special Ashram Yoga Retreat will allow you to relax and unwind and dip your toes into the simplicity of a yogic lifestyle. Leave feeling inspired, refreshed and equipped with new ways to bring balance into your heart and mind, and your home and work life.

### THE PLACE

Nestled amongst the Wombat State Forest in Rocklyn (near Daylesford) is an authentic Yoga Ashram that has been operating for over 40 years. It reflects a simple yet homely beauty and exudes a spiritual ambience that is almost tangible. A place to retreat, to restore, to reconnect to silence and the wonders of nature and timeless Yoga practices.

The Ashram runs its own Yoga retreats and also offers its facilities to other Yoga groups so they can experience a traditional Yogic lifestyle.

It hosts beautiful gardens, surrounded by native bush and is perfect for any Yoga programme. There are 2 main halls for Yoga and Meditation, a Shiva Peet room, a library, a small shop and a wonderful dining area.

### 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 70 years of collective experience in teaching, studying and practicing

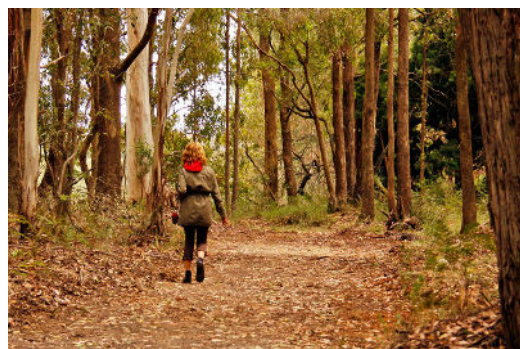
The retreat offers space to celebrate the simple and profound peace and joy that comes when we reconnect to the deepest part of us, untouched as it remains by external circumstances.

### THE ACCOMMODATION

Rocklyn Ashram offers single bed accommodation in single and double share rooms. There are 5 rooms with ensuites. You will need to bring all your bedding, towels and toiletries.

There are some private rooms which have ensuites. All rooms have heating / cooling.

For those able to arrive earlier your room will be available from 3pm. However, we will not be meeting as a group until 4.30pm.



# ROCKLYN ASHRAM YOGA RETREAT

## 21-23 FEBRUARY 2025



### THE ITINERARY

#### FRIDAY 21 FEBRUARY

|               |   |
|---------------|---|
| 3.00pm        | Retreat begins!   |
| 4.00pm        | Convene in the Yoga room for a welcome and weekend talk |
| 4.15 – 5.45pm | Yoga session  |
| 6.00pm        | Dinner  |
| 8.00pm        | Meditation  |
| 8.30pm        | Mouna (Silence)   |

#### SATURDAY 22 FEBRUARY

|               |   |
|---------------|---|
| 6.45 – 8.00am | Yoga session  |
| 8.00am        | Breakfast   |
| 8.30 – 9.00am | Karma Yoga (Selfless service)   |
| 10.30am       | Bush Walk with Mindfulness session  |
| 12.30am       | Lunch   |
| 1.30pm        | Free time to explore the Ashram grounds, browse the library, visit the Shiva Peet |
| 4.00 – 5.30pm | Yoga session  |
| 5.30 – 6.30pm | Havan (fire ceremony with chanting of Mahamrityunjaya Healing Mantra)             |
| 6.30pm        | Dinner  |
| 8.00pm        | Evening Meditation  |
| 8.30pm        | Mouna (Silence)   |

#### SUNDAY 23 FEBRUARY

|               |                               |
|---------------|-------------------------------|
| 6.45 – 8.00am | Yoga session                  |
| 8.00am        | Breakfast                     |
| 8.30 – 9.00am | Karma Yoga (Selfless service) |
| 10.30am       | Mindfulness session           |
| 12.30am       | Lunch                         |
| 1.30pm        | Retreat concludes.            |

### THE YOGA

Jacqui & Shimon have over 70 years of collective experience in teaching, studying and practicing Yoga.

This retreat, which is suitable for all levels of ability, offers a great opportunity for you to immerse yourself into living a Yogic lifestyle and practicing a variety of different Yoga techniques.

In total there will be 12 Yoga / Meditation & Mindfulness sessions for you to participate in. Most classes will be taught by ourselves Jacqui & Shimon and some practices will be incorporated with the Ashram programmes.

The surrounding Wombat Forest compliments our retreat and the ambience of the Ashram is peaceful and spiritually charged. You will be away from the busyness of everyday life and this enhances the whole Yoga Ashram experience.

The Yoga sessions taught will look at the many different types of practice including asana (postures), pranayama (breathing), different meditation techniques, relaxation, chanting, Mouna (silence), Karma Yoga (self-less service) and a fire ceremony (Havan).

These practices will give you an insights into the depth and traditions of Yoga and how it can be a great tool to navigate through life.

They will both take your Yoga practice to the next level.

### WHAT TO BRING

You will need to bring your own bedding and toiletries, along with a Yoga mat, Yoga brick, Yoga strap and an

### RETREAT PACKAGES

#### ROCKLYN ASHRAM YOGA 3-DAY RETREAT:

**\$645 Twin Share or \$695 Single (Shared Bathroom)**

**\$845 Twin Share or \$895 Single (Private Room with private ensuite)**

**All packages includes:** 2 nights' accommodation, all meals (Friday dinner to Sunday lunch) Early morning Yoga session, Daytime mindfulness session plus afternoon Asana, Pranayama and Meditation.

# ROCKLYN ASHRAM YOGA RETREAT

## 21-23 FEBRUARY 2025



### PARTICIPANT INFORMATION:

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

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

WHICH BEST DESCRIBES YOU:

- Male       Female  
 Non Binary       Prefer not to say

\_\_\_\_\_

AGE: \_\_\_\_\_  Prefer not to say

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: \_\_\_\_\_

Please email your signed and completed form to: [info@stretchyourlife.com.au](mailto:info@stretchyourlife.com.au)

### 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.