

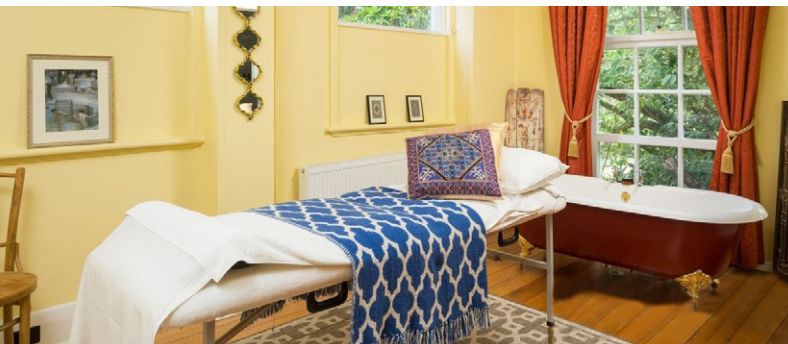


3-DAY YOGA RETREAT

HEPBURN SPRINGS | 30 MAY – 1 JUNE 2025



3 DAYS
ONLY
\$895 Twin Share
or \$945 PRIVATE ROOM



Immerse yourself in Yoga, Meditation and Nature, with like-minded people at beautiful Hepburn Springs

Our special Yoga 3-day retreat will allow you to move at your own pace, to relax and unwind, and dip your toes into the simplicity of a yogic lifestyle. Take time off for personal reflection or be inspired by interaction with like-minded people. Find your own rhythm with options to join in on yoga classes, relaxation practice, meditation sessions and chanting. Immerse yourself in bush hikes or open country walks with spectacular views, writing, or reading. Spend time in the garden or find a spot in the surrounding native forest to meditate or just relax. Healthy vegetarian meals are provided throughout your stay, nourishing your body as you unwind from the busyness of daily life.

Leave feeling inspired, refreshed and equipped with new ways to bring balance into your heart and mind, and your home and work life

stretchyourlife.com.au

 **STRETCH** YOUR LIFE

HEPBURN SPRINGS YOGA RETREAT

30 MAY – 1 JUNE 2025



Our special Hepburn Springs 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 trees in Hepburn Springs, *Continental House*, renovated from a former guest house, reflects a simple yet homely beauty. A place to retreat, to restore, to reconnect to silence and the wonders of nature, to share stories and timeless practices.

There is a beautiful Yoga room, a Turkish spa and massage rooms (bookings available at prior notice) and an abundance of beautiful gardens.

All rooms have heating/cooling and their own bathrooms.

For those able to arrive earlier your room will be available from 4pm. However, we will not be meeting as a group until 5pm.

THE FOOD

All food will be vegetarian / vegan and delicious. We have a renowned caterer coming with us and she will nourish our body and inspire our taste buds.

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.

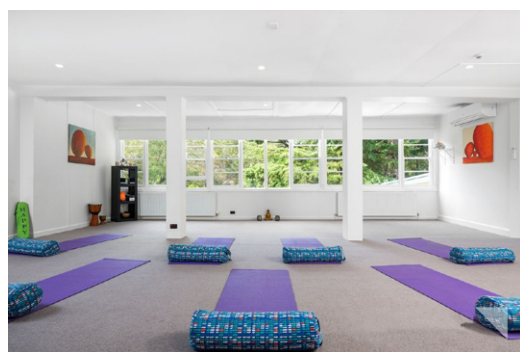
THE YOGA AND MINDFULNESS

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 Yoga. Shimon's good humour will lift your spirit and Jacqui's depth of Spiritual wisdom will leave you quiet within. They will both take your Yoga practice to the next level.

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.

ACCOMMODATION

Continental House offers single or twin bed accommodation with private bathrooms. All bedding and sheets are provided however you may wish to bring an extra blanket for warmth.



HEPBURN SPRINGS YOGA RETREAT

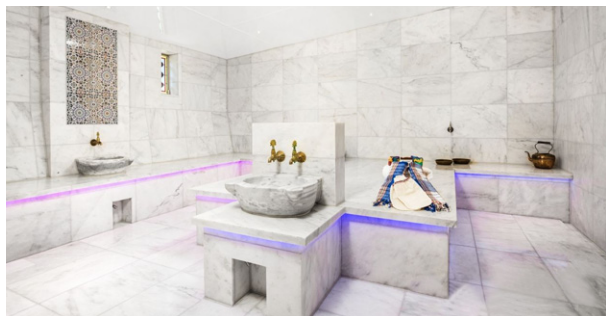
30 MAY – 1 JUNE 2025



THE ITINERARY

FRIDAY 30 MAY

5.00pm	Retreat begins!
5.15pm	Convene in the Yoga room for welcome and weekend talk
5.45-7.15pm	Yoga session
7.30pm	Dinner
9.00pm	Meditation



SATURDAY 31 MAY

7 – 8.30am	Yoga session
8.30am	Breakfast
10.30am	Bush walk with Mindfulness session
1.00pm	Lunch
2.00pm	Free time (for massages, Turkish steam, facials or just R & R)
5.45-7.15pm	Yoga session
7.30pm	Dinner
9.00pm	Evening Meditation

SUNDAY 1 JUNE

7 – 8.30am	Yoga session
8.30am	Breakfast
10.30am	Mindfulness session
1.00pm	Lunch
3.00pm	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 in a yoga and mindfulness practice and explore how this then affects your whole being.

In total there will be 7 Yoga / Mindfulness sessions for you to really indulge in. These practices will be complimented by the place we are staying and the surrounding environment. You will be away from the busyness of everyday life and this enhances the whole Yoga experience.

The Yoga sessions taught will look at the many different types of practice including: asana (postures), pranayama (breathing), different meditation techniques and relaxation.

Shimon's good humour will lift your spirit and Jacqui's depth of Spiritual wisdom will leave you quiet within.

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

WHAT TO BRING

You will need to bring your own Yoga mat, Yoga brick, Yoga strap and an open heart.

RETREAT PACKAGES

HEPBURN SPRINGS YOGA 3-DAY RETREAT:

\$895 Twin Share or \$945 Single private room

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.

HEPBURN SPRINGS YOGA RETREAT

30 MAY – 1 JUNE 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

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.