

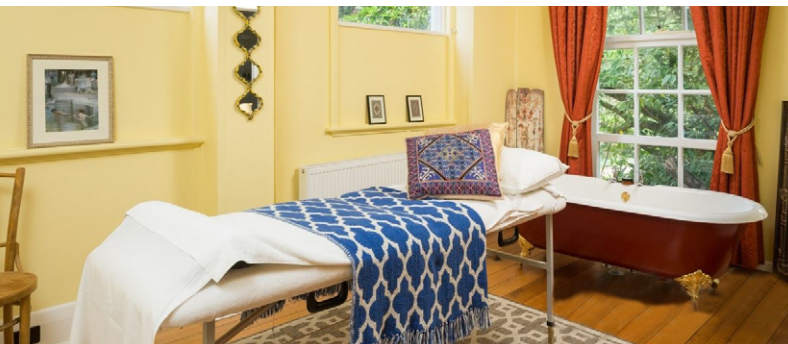


3-DAY YOGA RETREAT

HEPBURN SPRINGS | 24 – 26 JULY 2026



3 DAYS
ONLY
\$1195 Twin Share
or **\$1295** 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

24 – 26 JULY 2026



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

Tucked away among the trees in Hepburn Springs, *Continental House*, has new ownership and has been recently renovated earlier this year. Offering a charm that is both simple and homely, it is a place to retreat, to restore, to reconnect to silence and the wonders of nature.

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 been refurbished, with heating/cooling and have their own bathrooms.

For those able to arrive earlier your room will be available from 4pm Friday 24th July. 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.

Sophia from Bloom Kitchen, who has catered for us twice before will be nourishing us again with her beautiful food.

Any special dietary requirements can be catered for with prior notice.

As well as main meals there will be hot beverages and snacks available throughout the day.

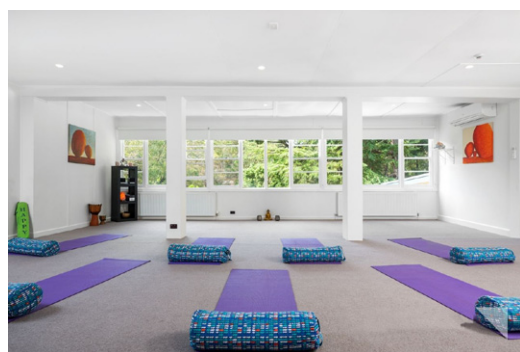
THE YOGA & MINDFULNESS

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 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

The newly refurbished *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

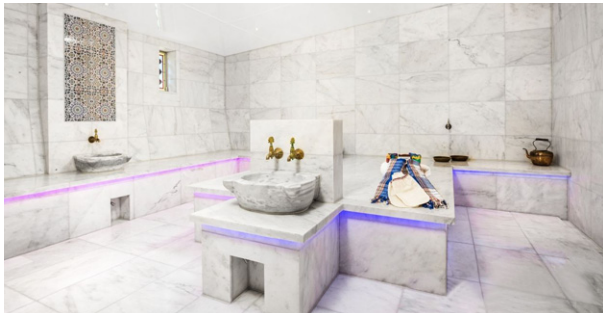
24 – 26 JULY 2026



THE ITINERARY

FRIDAY 24 JULY

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 25 JULY

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 26 JULY

7 – 8.30am	Yoga session
8.30am	Breakfast
10.30am	Mindfulness session
1.00pm	Lunch & conclusion.

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.

EXTRA INDULGENCES

Available services at Continental House include: A range of different massages, facials and their famous Hamman (Turkish Steam)

Bookings essential: info@continentalhouse.com.au

WHAT TO BRING

Just yourself! Continental House supply all the mats and bricks but if you prefer your own mat you may wish to bring that.

HOW TO GET THERE

Continental House is located at: 9 Lone Pine Avenue Hepburn Springs, Victoria. Tel: 0458 868 979

RETREAT PACKAGES

HEPBURN SPRINGS YOGA 3-DAY RETREAT:

\$1195 Twin Share or \$1295 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

24 – 26 JULY 2026



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.