



4-DAY YOGA RETREAT

KING ISLAND | 24 – 27 APRIL 2026

4 DAYS
ONLY
\$2490 Twin Share
or **\$2990** PRIVATE ROOM



Immerse yourself in Yoga, Meditation and Nature, amongst the rugged beauty of King Island!

Ever wanted to experience King Island? Well here's your chance to discover and explore; shipwrecks, history, birdlife, stunning beaches and lighthouses, and of course, sample the fresh local produce!

A maximum of 9 participants ensure an intimate experience during your stay on the jewel of Bass Strait. Immerse yourself in twice daily Yoga and meditation classes, bask in sightseeing (we know the best and secret spots on the island!) and dine on delicious local cuisine.

If you're looking for a prissy retreat, maybe try somewhere else, but if you want a 'pristine' retreat — then King Island is *your* destination!

stretchyourlife.com.au

 **STRETCH** YOUR LIFE

KING ISLAND YOGA RETREAT

24 – 27 APRIL 2026



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

We will be staying in Naracoopa on the east coast of the island. Naracoopa is known as the *sunshine town* due to its magnificent sunrises and its slightly warmer climate (just a degree or 2)! On this peaceful little paradise, King Island has an abundance of space and quietness, gorgeous beaches and a massive maritime history. You will meet and greet the local folk who are never in a hurry and always ready for a chat.

Breathe the freshest of air, look far out to sea into the 'raging 40's' and experience a quietness beyond time. Take time off for personal reflection or be inspired by interaction with like-minded people. Leave feeling inspired, refreshed and equipped with new ways to bring balance into your heart and mind, and your home and work life.

ACCOMMODATION

For the duration of our retreat, we will be staying in Naracoopa at the self-contained Baudins Cottages & King Island Accommodation cottages. All accommodation has private facilities with a small kitchen and lounge. They are warm and comfortable with heating and gorgeous sea views.

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 are unfamiliar with your hosts: 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. For more information about your hosts: Jacqui & Shimon, visit our website: www.stretchyourlife.com.au

THE FOOD

All food will be vegetarian and delicious. As well as main meals there will be snacks and hot beverages available throughout the day along with tea and coffee in your cottage. Our local caterer Denise Brewer creates hearty home-cooked meals. Her food is delicious and she uses produce from her own garden. Any special dietary requirements can be catered for with prior notice.

On Day 1 of the retreat, we will have a packed lunch for you on arrival to Naracoopa along with a welcome dinner. On Day 2 of the retreat, breakfast, lunch (packed) and dinner. On Day 3 of the retreat, breakfast, lunch (packed) and dinner. We will also visit the King Island Cheese Factory, where you can sample their deliciously-crafted cheese products and take home some supplies too!



KING ISLAND YOGA RETREAT

24 – 27 APRIL 2026



THE ITINERARY

FRIDAY 24 JULY

- 10.30am Convene at Moorabbin Airport for an 11.00am Flight
- 12.00pm Arrive at King Island! Jacqui & Shimon will meet you at the KI airport. There will be a lunch pack for you on arrival which we can enjoy at the Currie Harbour. From there we will drive for 30 minutes to the sunny side of the island Naracoopa where we will get settled in our rooms.
- 3.00pm Convene in Yoga room for a talk on the weekend followed by a quiet afternoon to reflect, enjoy a leisurely stroll along the Naracoopa foreshore, pier and surrounds.
- 5.30 – 7.00pm Yoga session
- 7.30pm Dinner
- 9.00pm Meditation or King Island historical movie
-



SATURDAY 25TH APRIL

- 7.30 – 8.30am Yoga session
- 8.45am Breakfast
- 10.30am Day Tour 1. We are heading South to the most Southern point of the island where the coast is rugged, wild & treacherous. View spectacular scenery, bask in the freshest air and see Bass Strait in its wild glory. Packed lunch at Grassy harbour (the island's main port)
- 4.00pm Return to Naracoopa
- 5.30 – 7.00pm Yoga session
- 7.30pm Dinner
- 9.00pm Meditation



KING ISLAND YOGA RETREAT

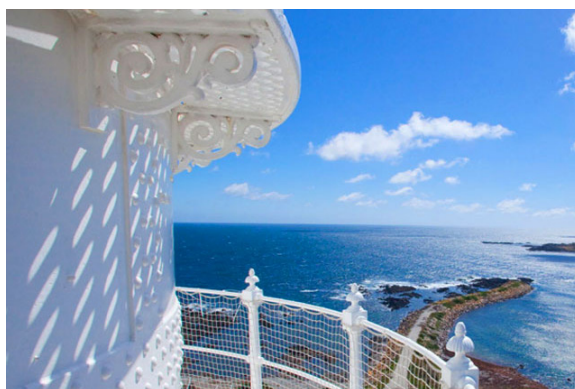
24 – 27 APRIL 2026



THE ITINERARY CONTINUED...

SUNDAY 26TH APRIL

- 7.30 – 8.30am Yoga session
- 8.45am Breakfast
- 10.30am Day Tour 2. Cape Wickham Lighthouse, Disappointment Bay, visit to the famous Cheese factory, tour of the Currie town ship, harbour and Kelp factory.
- 3.00pm Lighthouse and museum visit.
(Denise will pack us a healthy lunch to take on the tour!)
- 5.00pm Return to Naracoopa
- 6.00 – 7.30pm Yoga session
- 7.30pm Dinner



MONDAY 27TH APRIL

- 7.30 – 8.30am Yoga session
- 8.45am Breakfast
- 10.30pm Leave Naracoopa and take a leisurely drive through Currie to the famous bakery and then to airport
- 12.00pm King Island airport – Moorabbin



KING ISLAND YOGA RETREAT PACKAGES

24 – 27 APRIL 2026 | \$2490 Twin Share or \$2990 Single private room

All packages includes:

- 3 nights accommodation and ALL flights and transfers to and from King Island.
- All meals & snacks (Friday lunch to Monday breakfast)
- Early morning Yoga sessions, Daytime mindfulness session plus afternoon Asana, Pranayama and Meditation sessions.
- Flights to-and-from Moorabbin to King Island and transfers to-and-from KI airport to Naracoopa
- Flights are from Moorabbin 24th April at 11am Return from King Island 27th April 2022 at 12pm
- Two full days of touring around the Island.

stretchyourlife.com.au

KING ISLAND YOGA RETREAT

24 – 27 APRIL 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.