

6-day Intensive 2018

with Jan Watson



Sanctuary Retreat, Mission Beach. North Qld Friday 14 – Wednesday 19 September 2018

Iyengar Yoga Methodology ~ Precision Alignment Detail

Friday 14 September check in from 2:00pm
(order dinner on arrival)

5:00pm – 6:30pm Restorative class

Saturday 15 – Sunday 16 September

Weekend Retreat:

Shoulders & Arms, Hips & Legs

6:00am – 7:00am Silent walk to Brooks Beach

9:00am – 12noon Asana class

4:00pm – 5:30pm Pranayama class

*brunch Sunday, end of retreat

Monday 17 & Tuesday 18 September

7:00am – 9:00am Led Practice

10:00am – 12noon Asana class

4:00pm – 5:30pm Pranayama class

Wednesday 19 September

7:00am – 9:00am Led Practice

10:00am – 12:30pm Asana & Pranayama class

1:00pm Lunch
checkout

*Dinner is at 7:00pm each night

Accommodation (prices per person)

Rainforest Hut (share bathroom)

Twin Share \$1450.00 Single \$1563.00

Rainforest Hut (alfresco ensuite)

Twin Share \$1500.00 Single \$1660.00

Deluxe Cabin

Twin Share \$1660.00 Single \$1913.00

Cost includes 5 night's accommodation, 5 evening meals, 5 morning juices, brunch on Sunday and lunch on Wednesday.
**Other meals self-catered or eat in the restaurant.

Notably see improvement in your practice. Learn skills/ actions that will help you better understand the asanas and pranayama techniques. The intensive will complement and enhance your knowledge of yoga; whatever modality you practise.

Suitable for experienced students and teachers. Not for beginners.

Facilitator ~ Jan Watson

Jan is a qualified intermediate Iyengar Yoga Teacher and is the senior teacher at The Yoga Centre, Cairns, North Qld.

Jan is a compassionate and caring teacher who will challenge you to seek that precision of alignment in your practice.

*Immerse yourself in Iyengar Yoga
~ Sequencing Timing Penetration ~*



Direct Deposit

Account Name: Jan Watson
BSB: 633 000
Account: 138 596 481
Reference: Int and name

Bookings with deposit of \$100.00 (non-refundable). Full payment to be made by 27 August 2018



Jan Watson 0438 565 423 ~ janwatsonyoga@gmail.com