

Yoga Retreat 2018

with Jan Watson



Sanctuary Retreat, Mission Beach

Friday 14 Sept – Sunday 16 Sept 2018

Shoulders & Arms; Hips & Legs

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

5:00pm – 6:30pm Restorative Class
7:00pm Dinner

Saturday 15 September

6:00am – 7:00am Silent walk to Brooks Beach
9:00am – 12noon Asana Class
3:30pm – 5:00pm Pranayama (opening the hips)
7:00pm Dinner

Sunday 16 September

6:30am – 7:00am Meditation
9:00am – 12noon Asana Class and Pranayama
1:00pm Brunch
Checkout

Accommodation (prices per person)

Rainforest Hut (share bathroom)

Twin Share \$465.00 Single \$525.00

Rainforest Hut (alfresco ensuite)

Twin Share \$495.00 Single \$575.00

Deluxe Cabin

Twin Share \$575.00
Single \$715.00

Cost includes 2 night's accommodation, evening meals, brunch on Sunday and Yoga.

**Breakfasts and Saturday lunch self-catered or eat in the restaurant.

The task in the practice of asanas is to learn to bend and extend the shoulder and hip joints. This includes more action and movement in the armpits and arms, the groins and legs.

The weekend is suitable for keen beginners to experienced students.

Enjoy beautiful views, stunning surrounds, delicious food and the peace and quiet of Sanctuary.



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

Direct Deposit

Account Name: Jan Watson
BSB: 633 000
Account: 138 596 481



Jan Watson 0438 565 423 ~ janwatsonyoga@gmail.com