

23 MAY - 28 MAY 2012

ECO BEACH YOGA RETREAT

WITH

Fiona Lansley



Breathing Room Yoga

ENERGISE. RENEW. RESTORE.



*Immerse yourself in yoga. Calm your body and mind.
Be relaxed by massage.
Rejuvenated by delicious foods and emerge revitalized.
It's time to take some blissful relaxation.*

Indicative Daily Schedule

6.30 AM
Morning Yoga

8.30 AM
Cleansing Juice and Breakfast

9.30 AM – 1.00 PM
Free time – activity of choice – based on weekly activity schedule.

1.00 PM
Lunch

2.00 PM – 5.00 PM
Free time – activity of choice – eg. massage, relaxing by the pool.

5.00 PM
Afternoon Yoga

7.00 PM
Dinner

Combining twice daily yoga and meditation with beach walks, gourmet meals, cleansing juices and a stunning natural setting for complete relaxation and renewal.

Eco Beach retreat ecobeach.com.au is nestled in the sand dunes overlooking the Indian Ocean south of Broome. It's blessed with some of Australia's most spectacular coastline and stunning natural environment.

They'll be plenty of time to relax around the pool, receive on-site holistic spa treatments or simply indulge in the peaceful surrounds and activities on offer from sea kayaking, paddleboarding, whale watching, cooking classes and more.

Eco Beach retreat features a stunning yoga space.

Each morning you'll be enjoying an energizing class that focusses on moving through challenges with ease. We'll work on building strength, balance and flexibility with each deep breath.

Each afternoon, we'll wind down for restoration and relaxation focussing on releasing tension. We'll open the hips, spine and calm the mind with breathing techniques and meditation – leaving you feeling open, creative, connected and inspired.



"Happiness is not a state to arrive at, but a manner of traveling."

MARGARET LEE RUNBECK



RETREAT INCLUSIONS:

- 5 nights accommodation in an eco-friendly luxury safari style Eco Tent (twin share)
(Should you wish to upgrade to sole use of Eco Tent or indeed bring the family or collect a group of friends you're welcome to stay in the villas and houses at the retreat. Prices per night for alternative accommodation can be discussed if interested.)
- All fresh, delicious meals and juices prepared to satisfy, heal and detox you all week long.
- Morning and afternoon yoga in the stunning Dragonfly yoga room with Fiona Lansley. For more information www.breathingroomyoga.com
- Complimentary 1 hour massage of your choice.
- Plenty of time to lounge (and lunge!), read, relax and recharge on Eco Beach's perfect beach.
- Return coach transfers from Broome at scheduled departure times. (2pm ex Broome, 10am ex Eco Beach)

NOT INCLUDED:

- Return flights to Broome. Guests to arrange their own flights. Ex Melbourne, expect to pay \$800 – 900.
- Some activities offered by Eco Beach retreat incur additional charges. So you can "option up" with whatever takes your fancy when you're there. For example, the retreat offers a cooking class (\$110) where you meander the Eco Beach organic gardens with their chef, selecting from their fresh produce grown on site. Then spend an hour in the kitchen learning the trade secrets before enjoying the fruits of your labour with a glass of sparkling wine over lunch. For more information about the "active" and not so active activities, please review www.ecobeach.com.au/activities_tours_prices.

COST

6 days, 5 nights twin occupancy: \$1410
50% non-refundable deposit required 29 February 2012 with final 50% due 20 April 2012.

DATES

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