

27 MAY – 02 JUNE 2013

ECO BEACH YOGA RETREAT

WITH

Fiona Lansley & Rebecca Bradley



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.*

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, Western Australia*. It's blessed with some of Australia's most spectacular coastline and stunning natural environment.

They'll be plenty of time to relax (hammocks on the beach, daybeds by the infinity pool), receive massages or simply indulge in the peaceful surrounds and activities on offer from sea kayaking, fishing, paddle boarding, guided bush walks 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.

Indicative Daily Schedule

6.30 AM
Morning Yoga

8.30 AM
Cleansing Juice and Breakfast

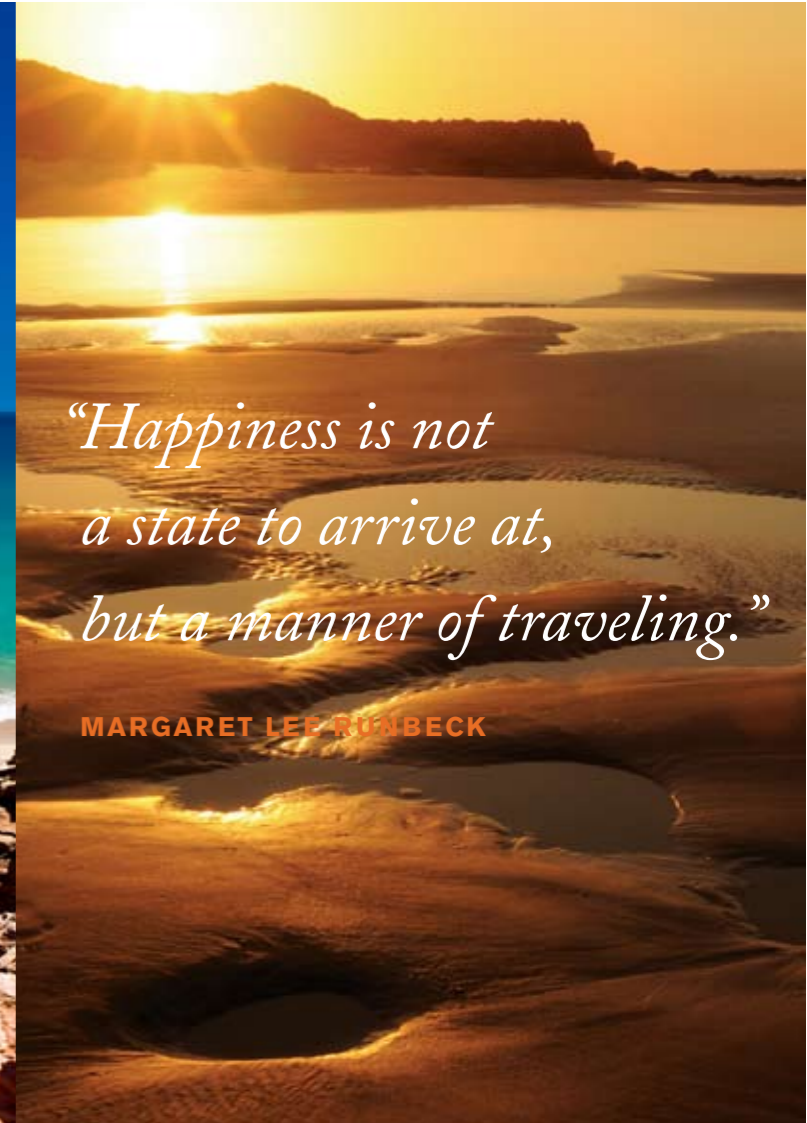
9.30 AM – 1.00 PM
Free time – activity of choice – based on weekly activity schedule.

1.00 PM
Lunch

2.00 PM – 5.00 PM
Free time – activity of choice – eg. massage, paddleboarding.

5.00 PM
Afternoon Yoga

7.00 PM
Dinner



“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 Tents (twin share)
(Should you wish to upgrade to sole use of Eco Tent 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 available upon request.)

- All fresh, delicious meals and juices prepared to satisfy, heal and cleanse you all week long.
- Morning and afternoon yoga in the stunning Dragonfly yoga room with Fiona Lansley and Rebecca Bradley. For more information: www.breathingroomyoga.com & www.yogafusiononline.com.

- 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 between \$700-\$900.
- Some activities offered by Eco Beach incur additional charges. You are welcome to 'option up' while you're there. For more information about the 'active' and not so active activities, please review www.ecobeach.com.au/activities

COST

6 days, 5 nights twin occupancy \$1700.00
 50% non-refundable deposit required by end of February 2013 with final 50% due 27 April 2013

DATES

27 May – 2 June 2013