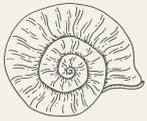


# AYURVEDIC YOGA RETREAT JUNE 2022

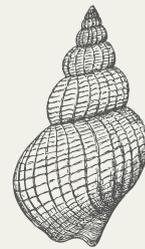


# THE COVE



# AYURVEDIC YOGA RETREAT

The Cove is a new adults only retreat destination at Don, 5 mins from Devonport.



Located on stunning cliff tops, with sea views as far as you can see, this is a perfect place to retreat.

## HOSTS

Yoga Teacher Tina Stephens  
Ayurveda Doctor Gangashree Nair

## DATES

**Select from 2 or 3 nights stay:**

Friday 17th, Saturday 18th & or Sunday 19th June 2022

## INCLUSIONS

Own private cabin with king bed\*

1 x 60min Ayurvedic Abhyanga Massage

All Vegetarian Ayurvedic meals

Daily Breathing, Yin Yoga, & Meditation sessions with Tina

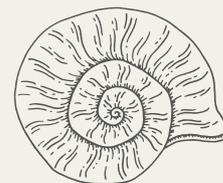
\*Cheviot A Frame Cabin with ensuite has a queen bed

**Please contact Tina if you are only able to attend for 1 night**



# AYURVEDIC YOGA RETREAT

## THE SCHEDULE



### FRIDAY 17th JUNE

2pm - Arrival  
4pm - 75min Yin Yoga Class  
6.30pm - Dinner

### SATURDAY 18th JUNE

8am - 60min Breathing & Meditation Class  
10.30am - Brunch  
2.30pm - 75min Yin Yoga Class  
5.30pm - Dinner

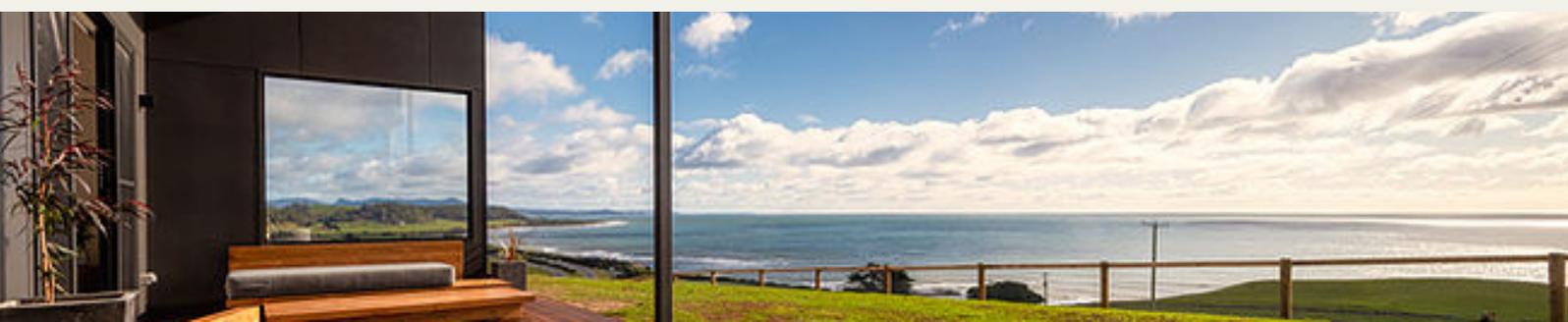
### SUNDAY 19th JUNE

8am - 60min Breathing & Meditation Class  
10.30am - Brunch  
2.30pm - 75min Yin Yoga Class  
5.30pm - Dinner

### MONDAY 20th JUNE

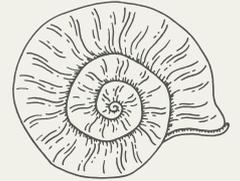
7am - 60min Breathing & Meditation Class  
9am - Breakfast  
10am - Departure

Please note: Check in time on your day of arrival is 2pm.  
Check out time from your room on the day of your departure is 10am, however you are welcome to stay for brunch and stay on to enjoy The Cove for as long as you like.





# Cheviot A Frame



These brand new A Frame Cabins have a stunning skylight to cloud watch by day and star gaze at night.



Both types of cabins have a toilet & one also has a shower.



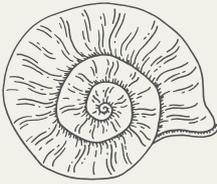


# Hillside

The Hillside cabins have stunning sea views & are perfect for those who love to fall asleep listening to the waves.



These cabins do not have their own bathrooms, however are only a short walk (50mt) to the shared bathrooms. At night the path is lit by sensor lights.



## 2 NIGHT PRICING

Cheviot A Frame with ensuite\* \$1,540

\*(only available 17th & 18th)

Cheviot A Frame with toilet only \$1,340

Hillside shared bathroom \$1,240

## 3 NIGHT PRICING

Cheviot A Frame with toilet only \$1,840

Hillside shared bathroom \$1,740

## Additional Ayurvedic Treatments\*

45min Ayurvedic Massage \$ 90

75min Shirodhara \$120

\*subject to availability

## REGISTRATION

Please register via the website registration form which can also be found via this link:

**[www.yogabytina.com/thecoverregistration](http://www.yogabytina.com/thecoverregistration)**

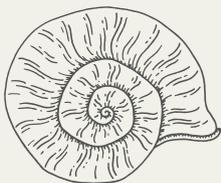
For any questions, please call Tina on 0488 766 508 or via email [tinastephens@live.com.au](mailto:tinastephens@live.com.au)

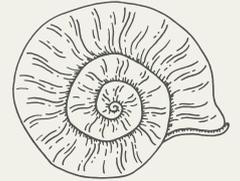


# Alexander Lounge



Using the ocean as its backdrop, this unique adults only retreat shares its breath taking location effortlessly with nature.





Nestled into the surrounding cliffs, The Cove gives you the chance to rest, recharge and roam the north west region of Tasmania.



Experience penguins returning at dusk or take in a sunset walk to private peninsula.

