PORT DOUGLAS

17 - 22 APRIL 2023

AYURVEDIC YOGA RETREAT

THE PACKAGE

5 NIGHTS STAY IN A PRIVATE ROOM WITH ENSUITE

2 NOURISHING MEALS PER DAY

DAILY YOGA + 1 HEALING MASSAGE + SENTO BATH EXPERIENCE

PRICING FROM DOUBLE $2,800 - SINGLE $4,300 PER PERSON

3 ROOMS ONLY EACH WITH ENSUITE

RETREAT

DOWNSTAIRS
QUEEN
BEDROOM 1

$4,700

UPSTAIRS
KING
BEDROOM 2

$4,900

UPSTAIRS
SINGLES
BEDROOM 3

SINGLE $4,300
DOUBLE $2,800 PP

THE DETAILS

5 NIGHTS IN A TROPICAL PARADISE.
STAYING IN A LUXURY VILLA 60MINS FROM CAIRNS

YOUR RETREAT BEGINS ON MONDAY AFTERNOON AT 2PM 17TH APRIL & CONCLUDES ON SATURDAY MORNING 17TH APRIL 10AM.

NUMBERS ARE LIMITED TO 3 ROOMS, ENSURING AN INTIMATE EXPERIENCE.

TINA IS YOUR HOST.

EACH DAY TINA WILL TEACH A VARIETY OF YOGA METHODOLOGIES & YOU WILL ALSO HAVE THE OPPORTUNITY TO ENJOY OTHER CLASSES AT THE DEEP YOGA STUDIO INCLUDING REFORMER PILATES.

TWO MEALS PER DAY ARE DESIGNED TO LEAVE YOU FEELING NOURISHED YET LIGHT, TO NURTURE YOUR DIGESTIVE SYSTEM.

IN BETWEEN YOGA AND MEALS, THERE WILL BE PLENTY OF TIME TO ENJOY STUNNING FOUR MILE BEACH, WALKS IN NATURE AND REST.

RETREAT

UPSTAIRS
LOUNGE

DOWNSTAIRS
LOUNGE

OPEN PLAN
LIVING