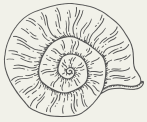


AYURVEDIC YOGA RETREAT JUNE 2022

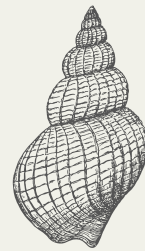


THE COVE



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 1 or 2 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

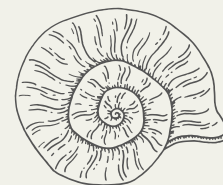
*Cheviot A Frame Cabin with ensuite has a queen bed

**Included in 2 Night stay only



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

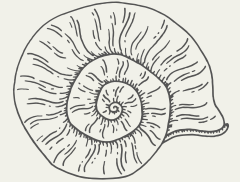
7am - 60min Breathing & Meditation Class
9am - Breakfast
10am - Departure

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.





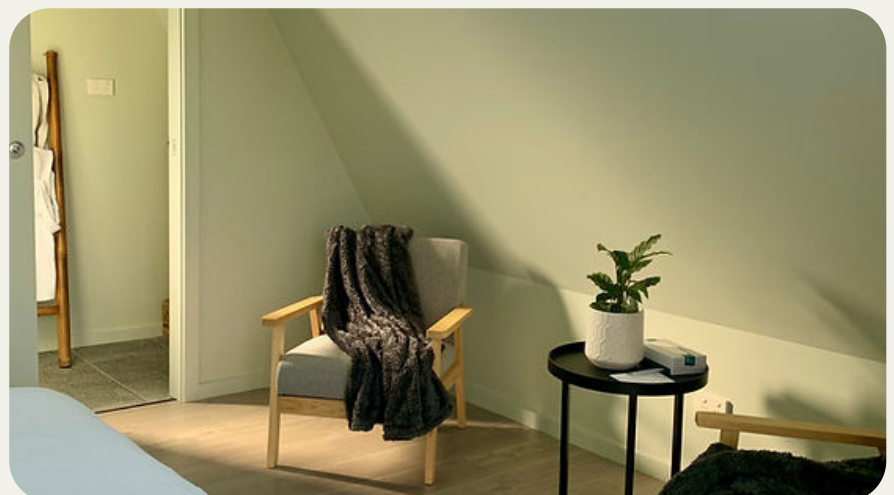
Cheviot A Frame



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.



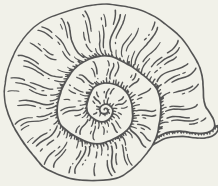


Hillside

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

1 NIGHT PRICING

Cheviot A Frame with ensuite*	\$670
*(only available 17th & 18th)	
Cheviot A Frame with toilet only	\$570
Hillside shared bathroom	\$520

Additional Ayurvedic Treatments*

45min Ayurvedic Massage	\$ 90
75min Shirodhara	\$120

REGISTRATION

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

www.yogabytina.com/thecoverregistration

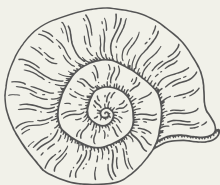
For any questions, please call Tina on 0488 766 508 or via email tinastephens@live.com.au

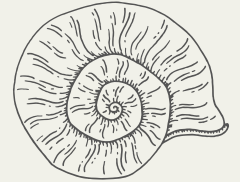


Alexander Lounge



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.

