

Mission Beach Classical Yoga Retreat

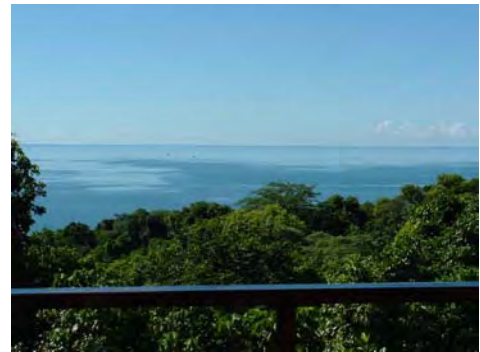
7 days & 8 nights at beautiful Sanctuary Retreat

July 10—18, 2010

Time to renew body mind and spirit and feel fit, healthy and peaceful.

This retreat offers you:

- Asana practice twice daily, suitable for all levels, in a Yoga space with soft sprung polished timber flooring, and plenty of natural light and ventilation
- Meditation every day
- Contemplating the wisdom of Yoga in our lives
- Walks through the rainforest and along pristine beach
- Delicious nutritious vegetarian food & clean spring water
- Accommodation in either rainforest huts to maximize the sights sounds and smells of the rainforest - whilst giving some space to those creatures you may prefer not to sleep with! - in your comfortable bed, or deluxe canopy cabins. Enquire for more details.
- Eco accreditation for protection of a stunning untouched environment
- Wednesday optional day off for sight seeing (the Great Barrier Reef and White Water rafting are amongst the many temptations)
- Optional massage and other treatments
- Free time for rest or exploring the surrounds





Explore Yogic Wisdom with Swami Shantananda

While we are unwinding and relaxing in this beautiful setting, and tuning into the rhythms of nature, we can let go of our conditioning that covers over Truth, so that we shine with the light of the Self. We will explore this authentic self day to day, and figure out how to integrate this Being into our daily relationships, discussions, workplace, family. If we have found a transformed way to 'Be', does this leave us at odds with everyone else? We will explore compassion and empathy and the ability to allow others to be on their own path too.



Asana with Ma Sally

On this retreat we will melt away the distraction of compulsive busyness as we take time to explore asana and observe how our bodies respond to the fresh clean environment and healthy food. We will practice a blend of dynamic style asana along with some slower work, each person working at their own level.



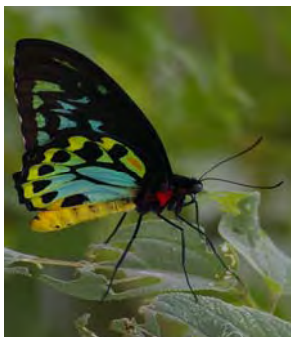
When, where, how much?

Sanctuary retreat centre is located near Mission Beach, a two hour drive south of Cairns. Arrive on Saturday during daylight hours and the program starts formally on Sunday July 11. We finish up on Saturday evening and depart Sunday July 18.

Your investment of \$1050 covers the retreat program, accommodation in a twin-share or double rainforest hut (shown) and includes fresh, healthy vegetarian evening meals. Enquire about other accommodation options that are also available. For other meals (at your own cost) there is a well-equipped kitchen for self catering, or enjoy the well-priced Sanctuary café/restaurant meals, or use a combination of both.



Deposit of \$250 required by March 15, 2010. Book early to secure your flights and place.



Enquiries and Bookings:

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For more information visit the Sanctuary Retreat website

<http://www.sanctuaryretreat.com.au>

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waverley Yoga studio

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