

Yoga Retreat Information

North Stradbroke Island 27-29 November 2020

Welcome to our My Health Yoga Teacher Training 2019 North Stradbroke Island retreat!
We look forward to a fulfilling and awakening adventure with you!

This retreat has been running for many years, and is an opportunity to connect, learn, share and celebrate with your facilitators, fellow-trainees and with the world around you and within you.

This retreat is about YOU!

*WE ARE HERE TO SERVE YOU, AND MOST IMPORTANTLY TO CELEBRATE YOU.
YOU HAVE SHOWN AMAZING STRENGTH & COURAGE THROUGHOUT YOUR YOGA
TEACHER TRAINING JOURNEY AND WE ARE SO EXCITED FOR YOU AND YOUR
ONGOING YOGA PATH. KEEP SPREADING THE LOVE!*

Namaste YOUR MY HEALTH YOGA FAMILY

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Retreat Information

Cost: \$525

Includes: Accommodation, meals (Friday dinner – Sunday breakfast), all activities/classes.

Extras: Transport (ferry, bus), snacks, bottled water.

Accommodation: The Anchorage Resort , Point Lookout, North Stradbroke

Ferry Information

Ferry address: 3 Emmett Drive, Cleveland

Ferry Times:

<https://www.stradbrokeferries.com.au/timetables/north-stradbroke-island-water-taxi>

We recommend the 12.55pm Water Taxi. You will need to arrive at or before 12.45pm. The trip takes 25 mins.

Stradbroke Island buses operate from Dunwich to Point Lookout. The bus always meets the ferry to allow a smooth transfer. Advise driver that you are staying at 'The Anchorage Resort'.

Hotel address: 112 Dickson Way, Point Lookout Ph: (07) 34098266

Ferry & Bus Transfer Cost: Approximately \$40 return (water taxi and bus fare, subject to change)

Check in to the hotel commences at 2pm, however, you can arrive earlier and drop off your bags at reception.



PACKING CHECKLIST:

- Yoga Mat*
- Beach towel*
- Water bottle*
- Healing tools (cards, books, music, crystals, essential oils)*
- Swimmers*
- Sunscreen*
- Toiletries*
- 3-4 Changes of clothes (Yoga/activewear)*
- Light jacket*
- Tracksuit pants*
- Thongs*
- Sneakers*
- Phone & Charger (great for photos!)*
- Insect repellent (for night time walks/beach time)*

NB: Linen/Bath towels provided, bring bottled water for your room if preferred.

Yoga Retreat TIMETABLE

Friday

27 November 2020

| TIME | LOCATION | ACTIVITY | Other |
|-------------|-------------------------|---|-------|
| 2pm | The Anchorage Reception | Check-in | |
| 3-4pm | Beach | Meet your fellow graduates & swap stories, take photos, & enjoy an hour together before the evening starts! (Optional) | |
| 4-5pm | | Free time (swim, beach, walk, relax!) | |
| 5.15-6pm | Hall | Opening Ceremony | |
| 6-7.30pm | Hall | Dinner | |
| 7.30-8.30pm | Hall | Yin-Rest with Sound Healing | |
| | | | |



Saturday

28 November 2020

| TIME | LOCATION | ACTIVITY | Other |
|--------------|----------|---|-------|
| Early Risers | Beach | Self-practice, meditation & morning swim (optional) | |
| 7.30-8.30am | Hall | Vinyasa Yoga & Pranayama (Yoga mat needed) | |
| 8.30am | Hall | Breakfast | |
| 9.30-10.45am | | Free Time (swim, beach, walk, relax!) | |
| 11am-1pm | Hall | AcuYoga Workshop (Yoga mat needed) | |
| 1pm | Hall | Lunch | |
| 2-3pm | | Free Time (Meditation, swim, relax, siesta!) | |
| 3.15-4.45pm | Hall | Yoga Massage Workshop (Yoga mat needed) | |
| 5-6pm | | Free time (relax, prepare for dinner) | |
| 6pm | Hall | Dinner | |
| 7.30-8.30pm | Hall | Music & Dancing (optional) | |

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Sunday

29 November 2020

| TIME | LOCATION | ACTIVITY | Other |
|-------------|-----------|--|-------|
| 6.15-7.15am | Hall | Closing Ceremony & Group Photo | |
| 7.15-8.15am | Hall | Breakfast & Farewell | |
| 9.30am | Reception | Checkout Free time to explore Island before returning home | |
| | | Recommended: Gorge Walk, Point Lookout | |
| | | | |

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Yoga Retreat Menu

*WE'VE CATERED FOR EVERYONE! ALL VEGAN, WHEAT FREE, SOME GLUTEN FREE, DAIRY FREE,
REFINED SUGAR FREE, SOME ORGANIC, SOME RAW & MADE WITH LOVE!*

FRIDAY DINNER

DAHL

THAI VEGE CURRY

JEWELLED BROWN BASMATI RICE

MANGO & CUCUMBER RAITA

COCO-CACAO BLISS BALLS

SATURDAY LUNCH

VEGGIE BURGERS

BEET-WALNUT SALAD

GREEN SALAD

MISO-TAHINI DRESSING

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Yoga Retreat Menu

SATURDAY DINNER

BURRITO BOWL

- BBQ PULLED 'PORK'
- MEXI BEANS & VEGGIES
- SALSA
- SWEETO POTATO CHIPS
- MIXED WHOLEGRAINS
- MAGIC GREEN DRESSING

SNICKERS SLICE

SATURDAY/SUNDAY BREAKFAST

OAT & CHIA BIRCHER MUSELI

GLUTEN FREE MUSELI

COCONUT YOGHURT

FRESH FRUIT

ASSORTED ANCIENT GRAIN & GLUTEN FREE BREADS

CONDIMENTS

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Notes

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