



MYDRISHTI YOGA
2021 RETREAT

*Through the mud of your fears and
suffering will the lotus flower of your
inner heart grow.
Trust in the unfolding of your petals.*



RETREAT INFORMATION

3rd Dec to 5th Dec 2021

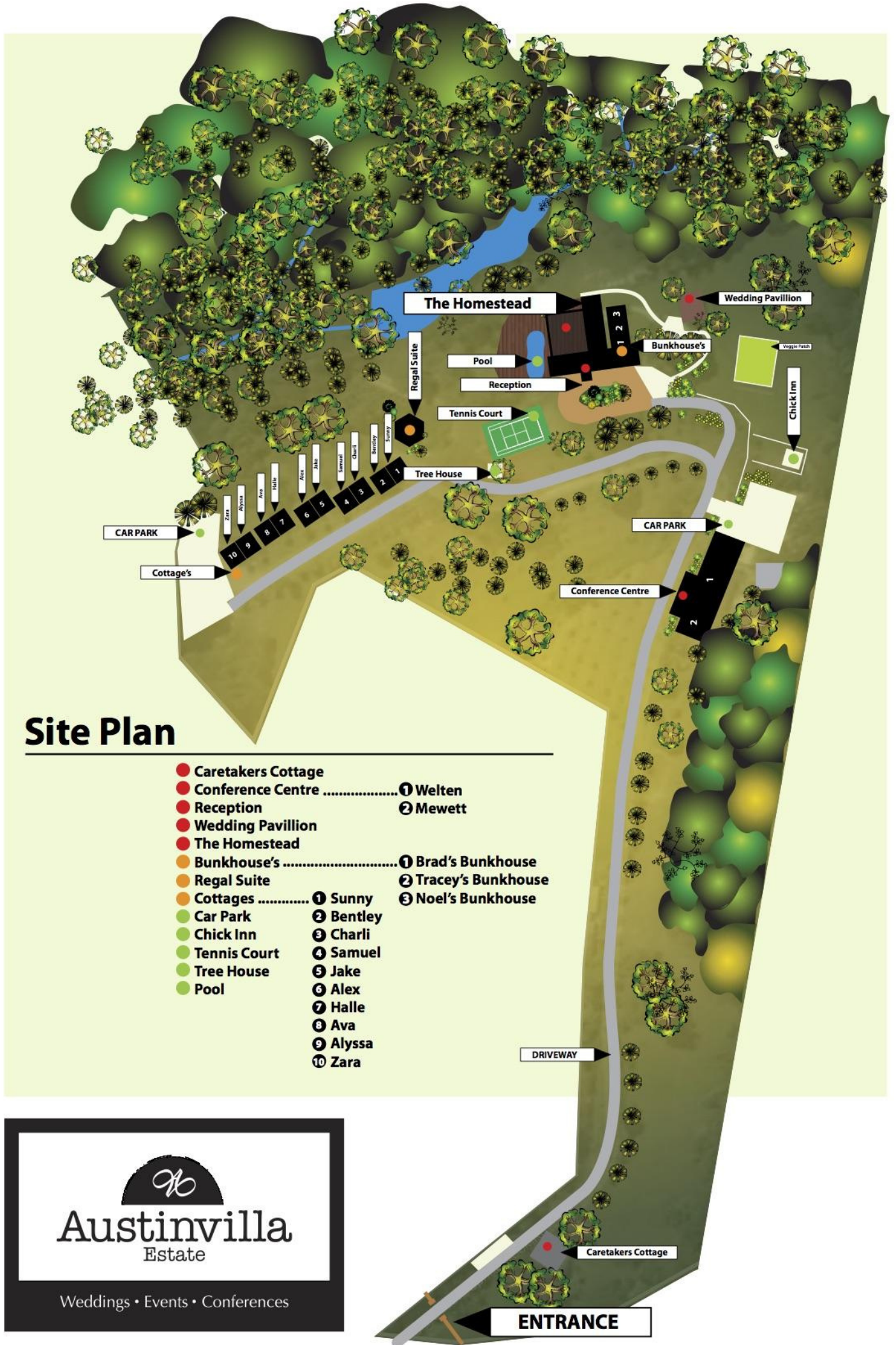
- Friday 3rd Dec to Sunday 5th Dec
- Address: | 31 Austinville Road,
Mudgeeraba QLD
- Inclusions: | All inclusive, accommodation,
chef catered meals, beverages,
all activities & classes.
- Accommodation: | 2 br cottage triple share
Boutique bunkhouse share 8-10
Private treehouse, 1 available
- Check-in/Check-out: | Arrival from 10am.
Check-out 10am, stay until 4pm
- Payment: Cottage: \$650pp.
Treehouse: \$810 (1 only)
Bunkhouse: \$610pp
Payment plans available.

If we are unable to run the retreat due to COVID, or there is Government imposed lockdown in Qld, the venue will allow us to reschedule at no additional cost.

RETREAT INFORMATION

PACKING CHECKLIST

- ✦ Yoga mat, bolster, eye pillow, straps, blanket
- ✦ Healing tools - cards, crystals, books, essential oils
- ✦ Paintbrush, additional watercolour paper 300gsm
- ✦ Journal & pen
- ✦ 3-4 changes of clothes (active wear/yoga clothes)
- ✦ Walking shoes/sneakers & slip-on shoes/thongs
- ✦ Warm PJ's, Tracksuit
- ✦ Rain jacket
- ✦ Swimmers, pool towel, sunscreen, hat
- ✦ Toiletries
- ✦ Camera, phone & charger
- ✦ Insect repellent



Site Plan

- Caretakers Cottage
- Conference Centre ① Welten
- Reception ② Mewett
- Wedding Pavilion
- The Homestead
- Bunkhouse's ① Brad's Bunkhouse
- Regal Suite ② Tracey's Bunkhouse
- Cottages ③ Noel's Bunkhouse
- Car Park
- Chick Inn
- Tennis Court
- Tree House
- Pool
- ① Sunny
- ② Bentley
- ③ Charli
- ④ Samuel
- ⑤ Jake
- ⑥ Alex
- ⑦ Halle
- ⑧ Ava
- ⑨ Alyssa
- ⑩ Zara



Austinville

Estate

Weddings • Events • Conferences

RETREAT ITINERARY

Day 1 - Fri 3rd Dec

- | 10 AM Arrive, MORNING TEA & Mingle | RAINFOREST DECK
- | 11 AM Journey Through the 5 Elements *with Lou* | PAVILLION
- | 12:30 PM LUNCH & Free Time | RAINFOREST DECK
- | 2 PM Games & connection time (*optional*) | RAINFOREST DECK
- | 3:30 PM AFTERNOON TEA & Free Time | RAINFOREST DECK
- | 4 PM Free Time
- | 5:30 PM Welcome Mandala & Alter Creation | HILLSIDE
- | 6 PM Welcome Circle & Opening Ceremony | HILLSIDE
- | 7 PM DINNER & Free Time | HOMESTEAD
- | 8:30 PM Restorative Yin *with Caroline* | HOMESTEAD

RETREAT ITINERARY

Day 2 - Sat 4th Dec

- | 6:15 AM | Silent Meditation *with Caroline (optional)* | PAVILLION
- | 6:30 AM | Morning Yoga Boost *with Caroline* | PAVILLION
- | 7:30 AM | BREAKFAST & Free Time | HOMESTEAD
- | 8:30 AM | Intuitive Watercolour Meditation - Embrace Formlessness *with Caroline* | OUTSIDE MEWETT
- | 9:30 AM | MORNING TEA & Free Time | OUTSIDE MEWETT
- | 10 AM | A Process of Self Discovery with Kirtan, Philosophy & Mala Meditation *with Candace* | HOMESTEAD
- | 12 PM | LUNCH & Free Time | HOMESTEAD
- | 3 PM | AFTERNOON TEA & Free Time | RAINFOREST DECK
- | 3:30 PM | Healing with Yoga Massage & Reiki Workshop *with Susie* | HOMESTEAD
- | 4:30 PM | Exploring AcuYoga Workshop *with Greg* | WELTEN ROOM
- | 6 PM | DINNER
Socialising, Chanting, Dancing *(optional)* | HOMESTEAD
- | 8:30 PM | Harnessing the Energy of the New Moon Restorative Yin & Sound Bath *with Caroline* | HOMESTEAD

RETREAT ITINERARY

Day 3 - Sun 5th Dec

- | 6:30 AM Morning Gentle Flow & Pranayama
with Caroline | PAVILLION
- | 7:30 AM BREAKFAST & Free Time | HOMESTEAD
- | 9 AM Meditation walk with Mother Nature
with Greg | PAVILLION
- | 10:30 AM MORNING TEA & Free Time | RAINFOREST
DECK
- | 11 AM Partner & Kids Yoga *Play with Caroline* | HILLSIDE
- | 12 PM LUNCH & Free Time | HOMESTEAD
- | 1 PM Closing Ceremony, Photos & Free Time | HOMESTEAD

CATERING MENU

FRIDAY 3rd DEC

Full menu is vegetarian & gluten free

MORNING TEA

Fresh fruit platter

House baked banana bread with vanilla coconut yogurt, blueberry & lemon jam

LUNCH

Shitake mushroom & miso broth pho

BBQ jackfruit bao buns

Vietnamese salad

AFTERNOON TEA

Raw chocolate snickers bar

Roasted corn frittata with tomato salsa

DINNER

Vegetable eggplant lasagne

Garlic bread

Warm roasted cauliflower, chickpea & capsicum salad

Fresh green salad with fennel & orange

DESSERT

Banoffee pie, buckwheat biscuit crumble, caramelised coconut sugar bananas & vanilla coconut cream.

CATERING MENU

SATURDAY 4th DEC

BREAKFAST BUFFET

Coffee & tea

Freshly squeezed green juice - apple, celery, cucumber & ginger

Banana & mango cacao power bowl, almond milk, seeds & nuts

Banana bread

Mixed tropical fruit salad

Smashed avocado, crispy potato, pico de gallo, tomato & rocket

MORNING TEA

Apricot French Danish pastry

Tomato & fresh basil tart

LUNCH

Halloumi fattoush salad

San choy bow

Light sides

AFTERNOON TEA

Chocolate brownie baked cheesecake with berries

Vegetable crudities with homemade hummus & baba ghanoush

DINNER - Mexican Night

Mexican Tapas

Jackfruit tacos with pickled cabbage, corn salsa, grilled corn, tortilla

Cauliflower florets tempered, smoked tomato relish, green salad

Cheese & capsicum or spinach & mushroom quesadillas

Corn chips with pico de gallo, guacamole, sour cream

DESSERT

*Cacao mango pie, cashew biscuit crumble, caramelised mango
& whipped vanilla cream*

CATERING MENU

SUNDAY 5th DEC

Full menu is vegetarian & gluten free

BREAKFAST BUFFET

Coffee & tea

Freshly squeeze juice - carrot, orange & tumeric juice

Pancakes

Fresh fruit with crunchy quinoa & honey lime dressing

Eggs to order with toast

MORNING TEA

Raw cacao ferrero rocher chocolate bar

Raspberry & banana chia pudding

LUNCH

Fresh green salad with cucumbers, tomato & avocado with herb vinaigrette

Buddha bowl, brown rice, corn cucumber, spinach & more