



'Our legs and feet carry us through life. Our arms and shoulders provide us with action, our spine through the nervous system holds the energy that sustains our life.'

Yoga Retreat 2017

Sanctuary Retreat, Mission Beach

Friday 1 September – Sunday 3 September 2017



Vital Sites and Energy Lines

Friday 25 August	check in from 2:00pm (order dinner on arrival)
5:00pm – 6:30pm	Restorative Class
7:00pm	Dinner
Saturday 26 August	
9:00am – 12noon	Asana Practice
3:30pm – 5:00pm	Pranayama
7:00pm	Dinner
Sunday 27 August	
9:00am – 12noon	Asana Practice and Pranayama
1:00pm	Brunch
	Checkout

Maintaining focus at vital sites brings awareness on what needs to be held firm, relaxed or where to initiate movement from.

Energy Lines are the highways that allow energy to flow freely throughout the body. The most important is the spine.

The weekend is suitable for keen beginners to experience students. Chill out in the stress-free environment Sanctuary Retreat offers.

Enjoy beautiful surrounds, delicious food, spectacular views.



Accommodation (prices per person)

Rainforest Hut (share bathroom)

Twin Share \$465.00 Single \$525.00

Rainforest Hut (alfresco ensuite)

Twin Share \$495.00 Single \$575.00

Deluxe Cabin

Twin Share \$575.00

Single \$715.00

Cost includes 2 night's accommodation, evening meals, brunch on Sunday and Yoga.)

**Breakfasts and Saturday lunch self-catered or eat in the restaurant.

Maximum attendance: 20 students

Bookings with deposit of \$100.00 (non-refundable). Full payment to be made by 18 August 2017

Direct Deposit

Account Name: Jan Watson

BSB: 633 000

Account: 138 596 481