

# Yoga and Nature



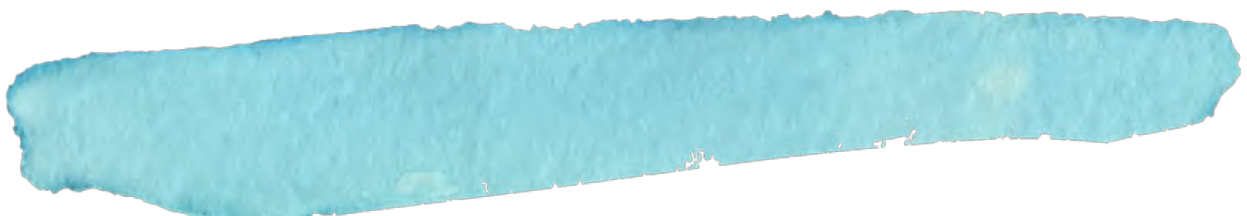
## *Sanctuary Retreat, Mission Beach QLD August 1-7, 2021*

### ***Our retreat...***

Leisa and I have been blessed to travel the world teaching yoga but we have always wanted to teach one in our own wonderful country and now the right time presents itself.

Our yoga retreat will be held at the beautiful Sanctuary Retreat, Mission Beach. The retreat is surrounded by World Heritage listed rainforest and has been carefully designed to minimally impact on the environment.

The word *Retreat* comes from the Latin verb "to pull back". So a retreat is a place where we pull back from the world, where we slow down and where we get an opportunity to connect with our inner self and the soft voice that invites us to love and take deep care..



# Yoga and Nature

Our week together will be spent practicing Yoga, Meditation, Relaxation and short talks on Wellness. When we weave these beautiful practices into our day, we are welcomed into the healing space within.

**When we work on ourselves we make a beautiful place to live.**

For many of us, over the last year, nature was our healing place. We gained a deep understanding and appreciation of this deep medicine. Our unique setting has been described as a haven of tranquility a setting of breath taking beauty. The combination of lush tropical rainforest and the clear warm waters of the Coral Sea will allow us to find that calm that we seek and a place to be still and breathe. There is a degree of fitness needed for this retreat as it is stunningly situated on a high ridge which allows us to view the Coral Sea as the sun rises and watch it disappear over the hills as it sets. Extensive walking trails weave their way through the rainforest.

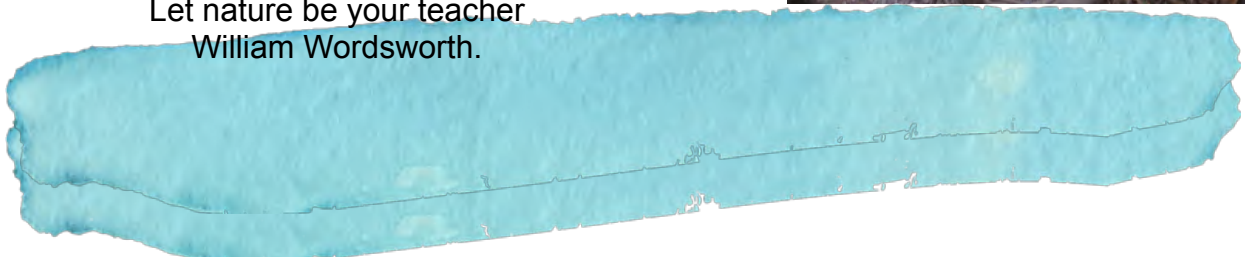
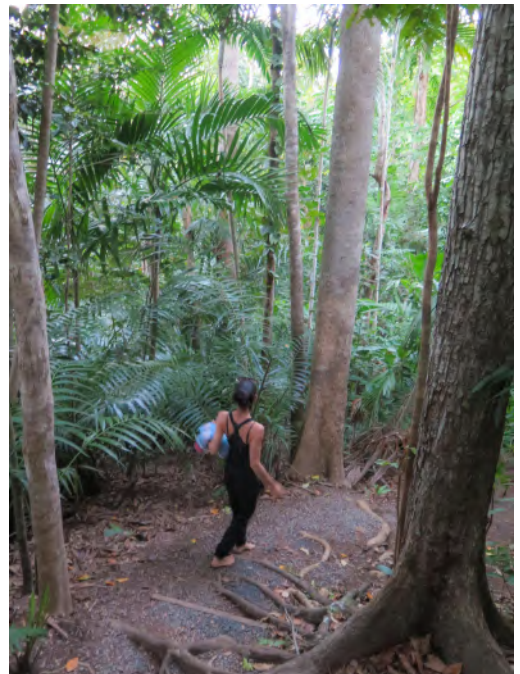
If you have any issues with hips or knees please check with Leisa or I

## Medicine from the Forest.

- Improves sleep
- Reduces the effects of stress
- Boosts the immune system
- Lowers blood pressure
- Increases energy level

When from our better selves we have too long  
Been parted by the hurrying world, and droop,  
Sick of it's business, of it's pleasure tired,  
How gracious, how benign, is Solitude;  
.....Come forth into the light of things  
Let nature be your teacher

William Wordsworth.



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## ***A Typical Relaxing Day...***

**7.00am** A gentle start to the day. Yoga and Guided Relaxation in the beautiful yoga studio situated in the middle of the rain forest or Mindful Movement and Yoga on the beach.

**9.00am** Breakfasting, wandering, resting

**10.30am** Interactive Wellness session and Deep Relaxation. ( 2 sessions )

**1.00pm** Lunch, rest, swim, wander, explore

**5.00pm** Yin, gentle, restorative Yoga and Deep Relaxation.

**7.00pm** Dinner



## ***Package inclusions***

- Accommodation
- Sustenance comes in the form of a delicious daily buffet-style breakfast, lunch, dinner and snacks.
- All Yoga, Meditation, and Wellness classes.
- All facilities except massage (Available on request)

## ***Not included:***

- Airfares
- Airport transfers - Mission beach is 2 hours drive south of Cairns and we can help arrange transfers to and from the airport. This will cost about \$35 - \$60 pp each way depending on numbers.
- Alcoholic beverages



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## **Cost:**

We also offer a handy monthly payment option.

**Rainforest Hut** - Starting at \$1,830 - Alfresco ensuite

**Rainforest alfresco single** - \$2,100

**Deluxe canopy cabin** - Twin share \$2, 060

**Single** - \$2,450

All cabin styles are built on stilts to have less impact on the rainforest floor and to look out into the rainforest canopy. Each cabin is beautifully connected by wooden decking.

Click [here](#) to look at the accomodation and other facilities.

Poet Mary Oliver poses the very beautiful question:  
*What is it you wish to do with this one precious life?*

We wholeheartedly believe this retreat will be an opportunity for a very unique experience and a deeply beautiful way to spend a week of your precious life. To live amongst this ancient forest full of rare plants and animals for a week can only be deep medicine for the mind, body and soul. Add to this the healing nature of gentle yoga and deep relaxation and rest and it makes for the perfect alchemy for wellness, renewal and connection to you.

**For more details** please contact us.

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[I NEED TO KNOW MORE](#)

**To book**

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[I'M READY TO BOOK](#)

# Yoga and Nature



In peace & health

Love

***Lisa & Leisa***

