

In the forest

*Iyengar Yoga Retreat
in the rainforest at
Mission Beach Queensland
with Dorothy de Guara*

8 days / 7 nights From 24th to 31st October



Contact: dorothydeguara@gmail.com

SECLUDED IN 50 ACRES OF NATURAL RAINFOREST

Accommodation Options

Rainforest Huts:

Capturing the cool, green light of the rainforest, accommodation is in secluded forest huts nestled in the rainforest canopy. A minimalist design maximises the sights, sounds and smells of the rainforest whilst giving some personal space to those creatures you may prefer not to sleep with.

Rainforest huts come with alfresco bathrooms which include outdoor toilet, cold water shower and basin for the full rainforest experience!



Deluxe Cabins:

Of solid wooden construction, with ample, screened glass windows, the canopy cabins offer maximum protection from the elements, while still offering a close connection to the sights and sounds of the forest. Larger than the rainforest huts, these cabins are stylishly appointed with polished wooden floors, handmade natural timber furniture and spectacular glass-walled bathrooms looking out high in the trees

Pricing Includes:

- 2 Yoga Sessions x 6 days
- 1 Yoga Session on the day of arrival and the day of departure
- 7 nights of accommodation
- Sumptuous brunch, afternoon tea and dinner
- all day access to tea, coffee (bag), and fruit
- Airport Transfers to and from Cairns Airport

Airport Transfers: Transfer cost is based on min 6 people travelling together

Flights must arrive in Cairns before 2pm

Departing flights need to be booked for after midday on your departure date to help us organise the airport shuttle times efficiently for you as a group.

Public transport is available from the airport to the retreat location.

Pricing Excludes:

Airfares to and from Cairns

Barista coffee, additional beverages, and desserts

Terms and Conditions Financial:

A non refundable deposit of \$500 is required to secure your booking.

The remainder of the fee must be paid before the 24th August

Cancellations must be given in writing prior to the 24th August,

otherwise all fees will be forfeited

Cancellations made before the 24th of August will be eligible for full payment

refund less deposit amount (full refund if Covid 19 related)

The retreat requires a minimum number to run. Should this minimum not be reached, the retreat will be cancelled and all payment, including the deposit,

will be fully refunded

Banking details :

Account Name Dorothy De Guara

013427 (BSB)

Account no. 402457783

Retreat Pricing per person:

Twin share Rainforest hut with alfresco bathroom \$2053

Single Rainforest Hut with alfresco bathroom \$2333

Twin share Deluxe Cabin \$2298 per person

Single Deluxe Cabin \$2753

Pre-Retreat requirements:

Participants are responsible for their own wellbeing and assert upon booking that they are medically fit for general exercise and will take caution not to strain or injure themselves while participating in the retreat

Logistics

Check in is available from 2.00pm on the 24th October.

The first yoga session of the retreat will be at 4.45 pm.

Check out - 10.00am on the 31st October.

Cairns is the closest airport to Mission Beach

Linen and towels will be provided but you may prefer to bring your own
Yoga mats and an assortment of props will be provided but you may prefer to
bring your own

Mosquito repellent, sunscreen, hat and torch lights are useful

There is a communal fridge for personal supplies if needed