



ROBYN JACOBS YOGA

Meeting the Heart Yoga Retreat
Sanctuary Retreat Mission Beach
Far North Queensland



26 June – 2 July 2022

The process of Yoga is a way to embark on a pilgrimage to our heart, the source of wisdom and light. On this retreat you will take time out to create space to connect to your timeless being. You will have the opportunity for deep self-inquiry through movement, mindfulness and deep rest

Robyn Jacobs has been teaching and practicing yoga for over 25 years and runs regular classes in the Dandenong Ranges including retreats to Mission Beach, Bali and India. Her classes are insightful, intuitive, with a touch of lightness and humour. Her hope is that all students will gain inner freedom through Yoga and her guidance.

Inclusions

- 6 nights/ 5 days accommodation, Sunday evening until Saturday morning
- Yoga practice 2 x daily plus Yoga Nidra and Japa mantra
- Buffet breakfast and dinner

Exclusions

- Airlights
- Transfers to/from Retreat (approx. \$65 each way)
- Lunch (supplies can be bought in Mission Beach and prepared in the communal kitchen) or purchased from the Longhouse or nearby cafe
- Extra tours, massages (in house)

Accommodation

At night the rainforest comes alive with the orchestra of insects and frogs with occasional haunting cries of owls. This is a unique experience to take in the tropical rainforest sounds as you peacefully drift off to sleep after a day of yoga and mindfulness.

Rainforest hut: (1 only) \$1700



Capturing the cool, green light of the rainforest, accommodation is in secluded forest huts nestled in the rainforest canopy. A minimal design maximises the sights, sound and smells of the rainforest. Accessed by a boardwalk to protect the forest floor, the rainforest huts are in sync with the natural surrounds. Shared bathroom facility 10-70 metres away

Rainforest Hut with ensuite \$1750 single, \$1500 twin share

Elegant and rustic at the same time, these outside ensuites offer a convenient addition to the Rainforest Hut. A simple deck extends from the hut, while privacy is created by the natural foliage of the forest. Gravity feed with fresh, cold water collected onsite



Deluxe Canopy Cabins: \$2150 single, \$1750 twin share (1 only)

For those interested in more creature comforts. Of solid wooden construction, with ample, screened glass windows, the canopy offers 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 have spectacular glass-walled bathrooms looking out high in the trees

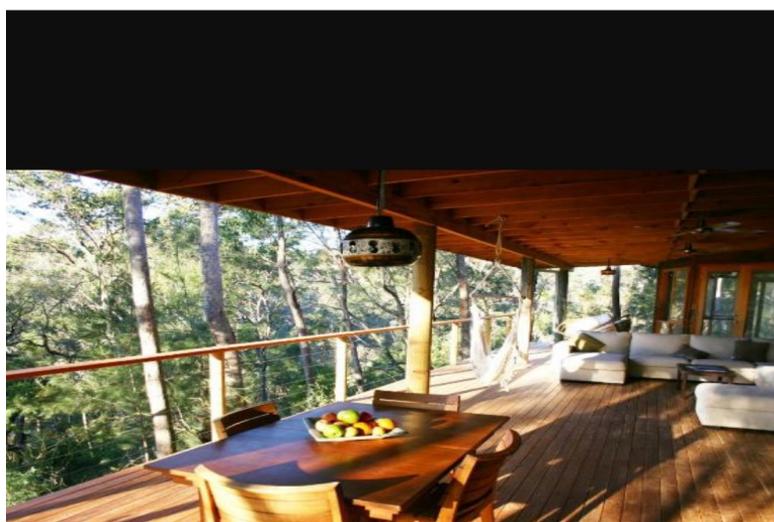


Food

A vegetarian breakfast buffet each day consists of homemade muesli (gluten free also available), fresh fruits, organic and vegan yoghurts, Sanctuary's famous porridge of the day and eggs. Served with breads and condiments, and fresh juice or smoothie of the day

The evening meal is a daily changing menu with a choice of three vegetarian options, with shared salads and breads. All meals are stunningly presented, fresh, homemade and delicious

The food is amazing and of the highest quality using the best ingredients with an array of flavours and ideas creating a gourmet adventure for the tastebuds.



Testimonials

From past participants: Meeting the Heart at Sanctuary Retreat

*What an amazing retreat you gave us.
I felt so nurtured, indulged and refreshed.
...and then spent the next 7 days at work trying to hold on to that beautiful positive energy.
I feel the retreat has given me an insight into how low I let my energy get, without acknowledging the refuel.
Thanks so much for the enlightenment! 😊 Liz*

*Thank You Robyn
I think the retreat exceeded all my expectations. I appreciate all of your planning and guidance during the week.
Michelle*

I am so thankful for having been on your Retreat. It was an amazing experience and I do feel my heart has healed- if not completely, but I am able to enjoy what I do have and can do. I have been doing Salute to the sun everyday. Juliet

Retreat program

Subject to change

Retreat begins Sunday 5.30pm with an opening circle. Program ends with a closing circle Friday evening followed by dinner – leave Saturday morning after a buffet breakfast.

Schedule

7.30-9 am	A vinyasa style practice to wake the body, stimulate the breath and centre the mind into presence. Postures will be adjusted for those with injuries
9 am	Buffet style breakfast
11.30am	Yoga Nidra / Meditation/ Japa
12-5.30pm	Have a massage, read, swim in the pool or the ocean or explore the glorious environment with a myriad of walks. Lunch can be had at nearby café or ordered onsite
5.30pm	Restorative Yoga
6.30pm	Evening meal: ordered a-la-carte and is freshly prepared and delicious
9pm	Mouna (silence) to reflect and integrate the days practice and be attuned to the sounds of the rainforest

TERMS AND CONDITIONS

- Please confirm any dietary requirements
- A deposit of \$500pp is required on booking your place, \$250 is refundable if cancellation occurs for personal reasons before 1 May 2022
- Full payment of retreat is required 30 days prior to arrival.
- All funds are non-refundable if a guest chooses to cancel 30 days prior to arrival date
- Refunds/credits cannot be given after retreat commencement
- Personal expenses are to be paid at the end of retreat to Sanctuary Retreat
- Personal questionnaire/waiver release form to be completed and returned to robyn.jacobs1@bigpond.com prior to commencement of Retreat

Co-Vid Related Terms

If travel restrictions and border closures mean you cannot attend the retreat, the following applies:

- Between 21 and 14 days prior to the retreat you will be refunded minus 15% of your total package cost per person
- Between 14 and 7 days prior to the retreat you will be refunded minus 25% of your total package cost per person
- Between 7 and 1 days before the start of the retreat you will be refunded minus 35% of your total package cost per person.

If you are unwell or in self isolation, the usual terms and conditions apply as above.

Whilst we regret having to implement these measures and hope they will never have to be used, please understand that our doing so is to enable both Robyn Jacobs Yoga and The Sanctuary to continue to survive as businesses to be here for you next time.

We strongly advise that you purchase travel insurance to cover this cost in the event of any unforeseen circumstances.

Robyn Jacobs Yoga reserves the right to cancel the event with two week notice due to illness or un-foreseen circumstances and will not be liable for costs incurred.

Arranging Flights

The nearest airport is in Cairns

As Sanctuary is 2 hours south of Cairns we can help arrange a transfer to and from Cairns airport and CBD. This will cost about \$50-\$65 per person each way depending on numbers with a minimum of 6 passengers. Scheduled flight times need to be arriving in Cairns before 1.30pm on arrival and departing flights need to be booked after midday for us to organise the shuttle times efficiently for you.