



# AUTUMN YOGA & MINDFULNESS RETREAT

3 BLISSFUL DAYS: 30 APRIL - 2 MAY 2021

*Relax & rejuvenate*

FOR A 3-DAY WEEKEND RETREAT  
IN THE TRANQUIL AUSTRALIAN BUSH  
ONLY 50 MINUTES FROM SYDNEY

Set yourself up for a weekend of sound healing bowls, deep massage, yoga, nature, mindful meditation and delicious vegetarian cuisine & subtle body energy healing at Yogarama's 3 Day Yoga & Mindfulness Retreat.

Take this opportunity to connect with nature and nurture yourself through daily yoga & discover the ancient wisdom of yoga, meditation and energy healing to bring you back into balance, health and wellness. Most importantly you will learn new daily habits that can change the way you manage stress and transform you.

This intimate retreat is designed for yoga and meditation students of all levels from beginners to advance.

For committed yoga practitioners, the retreat will inspire a more in depth fine tuning of their practice, whilst those who are just starting out on their yoga journey will be gently guided to discover a new wisdom to connect your body, mind and breath for complete relaxation.

## RELAXATION

Spend your time relaxing in the hammock, by the warm cosy fires on a bush walk, reading books, drinking chai with friends or by the pool or nurturing yourself in the spa and sauna.

**Contact:** [daniella@yogarama.net](mailto:daniella@yogarama.net) [www.yogarama.net](http://www.yogarama.net)





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## DELICIOUS HOME-COOKED CUISINE

Imagine how you'll feel as you delight in being served breakfast, lunch and dinner with your new & ol' friends on our hand carved wooden table. Enjoy the tasty wholesome cuisine exquisitely prepared by our Swami Ayurveda Chef who has been invited in just for your retreat.

## WELLNESS PROGRAM

Our daily routine of nourishing walks, talks, yoga and meditation practice, will be supported by self-care activities exploring mindfulness, subtle body energy (chakra energy) and Ayurveda (sister science of yoga) with supportive essential oils. We'll delve into the benefits of yoga and mindful meditation for our well being. Learn new tools to help you destress, relax & rejuvenate.

## LOCATION

The Yoga Retreat is located only 50 minutes north west of Sydney in just below the blue mountains on a beautiful vast property with comfy twin share cabins or luxury glamping accommodation.

## ACCOMMODATION

Choose from Cosy Cabins or Glamping in luxury tents. Both single, twin & triple share are available.

## DATE & TIME

Arrival: after 3 pm Friday  
Depart: after 2 pm Sunday

## MAKE THE INVESTMENT

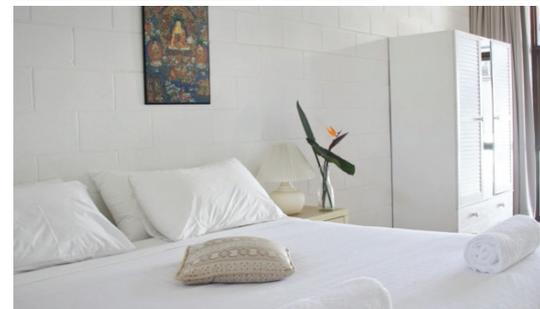
Choose Cosy Cabins or Glamping in luxury tents.

### Share Twin

\$750 per person per share room. \*  
\$595 Early Bird

### Single Room

Email to enquire pricing



Package Includes: accommodation for two nights, deep massage, delicious vegetarian/vegan cuisine (breakfast, lunch & dinner) with herbal teas and fresh fruit on offer. Daily morning yoga classes, our enchanting facilitators leading a sound healing workshop and subtle body energy workshop as well as our evening mindful meditation - all of this will set you up for an experience of deep peace and beautiful bliss.

## MASSAGE

Please book in early and reach out so you can arrange your time to enjoy a deeply relaxing massage.

## PAYMENT

Direct Deposit to: Yogarama Retreats  
BSB: 112 879  
Account no: 449 729 344

VISA payment  
Contact us to pay by VISA.  
email: daniella@yogarama.net

## WHAT TO BRING

Bring comfortable cool and comfy clothes, closed shoes for bush walks, toiletries, and yoga clothes. It is recommended that you bring your own mat & props. Group size maximum 18 people. Spaces are Limited.

[REGISTER NOW HERE](#)



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## WHAT PARTICIPANTS SAY. YOGARAMA'S 3 DAY YOGA & MINDFULNESS RETREATS

“ The program (was) fantastic, really good and no compulsion to do everything. I really enjoyed the weekend and would love to go again. ”  
*Jeannene*

“ I enjoyed this retreat very much and glamping was definitely part of it. The (teepee) tent was spacious with comfortable mattress and electricity. ”  
*Armelle.*

“ What I liked best about the retreat was the peace and relaxation, the vegetarian food, not having to think about anything except when the next yoga class was, the meditation and mindfulness, the bonfire and the guitar, the massage and being in the bush. ”  
*Tracie, Naturopathic Herbalist.*

“ It was a wonderful weekend and I really enjoyed it, thank you for organising. ”  
*Jules*

“ Everything has been so perfect. I really can't fault anything. The food was beyond fabulous. The pace and scheduled events were perfect. The rooms are beautifully renovated - elegant simplicity. Daniella's style is nurturing kind and inspirational. Thank you !! ”  
*Jill.*

“ Great setting, loved the (vegan) food. Especially enjoyed the guitar meditation. ”  
*Shirley*

## YOUR HOST:



**Daniella Goldberg** has practised yoga since the of age 5 & is teaching yoga outdoors, in nature, by the ocean. She hosts regular weekend and day retreats to empower others with the wisdom of the 2000 years old practice of yoga combined with modern mindful meditation to reduce stress and connect with the harmony of nature.

As a medical scientist and yogi her life mantra is simple....“find your ease & prevent your dis-ease.”

## FACILITATORS:



**Barbara Courtille'** powerful healing crystal bowls will flood your body with the sounds of ancient yoga in a beautiful one hour workshop that will leave you feeling deeply relaxed and restored.



**Rebecca Tapp** tribal chakra dance experience will explore the seven ancient energy wheels in a workshop that will leave you feeling invigorated, with a deep sense of passion and connection.



**Lisa Stone's** private mini-kinesiology sessions will locate the imbalances in your body and work with you to release and clear energy blocks both physically and emotionally, to find your full potential.





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## RETREAT PROGRAM

### DAY 1

100-400pm	Welcome Massage and Chakra energy sessions (pre-booking required)
400pm	Arrive & Settle In
430pm	Welcome Circle & Intention setting (High Tea in the Wisdom Centre) *
530pm	Restorative Yoga with Daniella in Yoga Shala
700pm	Welcome Dinner & Connect (Indoor / Outdoor Vegan Dining Room)
830pm	Sound Healing Crystal Bowl Session by candle light. (Main Yoga Shala)
930 pm	Quiet time

### DAY 2

730am	Sunrise Meditation / Pranayama (energising breath practice) (optional)
800am	Morning Mindful Natural Trail Walk in the Bush
830am	Morning Stretch On the Hill
900am	Nourishing Wholesome Organic Breakfast
1030am	Mid-morning Earth element Chakra Yoga Practice for all levels
100pm	Tasty and Nourishing Lunch
100pm-500pm	Massage & Chakra healing Sessions Pre-Booking (nourish your body, mind & spirit)
330pm	Bushwalk, mandala drawings and/or relax in your own free time
500pm	Chakra dance workshops ( for all levels)
630pm	Wholesome wellness Dinner
830pm	Mindful Meditation and Yoga Nidra with drums (Main Yoga Shala)
930 pm	Quiet time

### DAY 3

730am	Sunrise Meditation / Centring breath work (optional)
800am	Morning Brisk Bush Walk
830am	Meditation circle by the billabong pond
900am	Healing Mindful Breakfast
1030am	Heart-opening chakra yoga practice for all levels
1230pm	Farewell Lunch
200pm	Closing Circle to Connect and Integrate Your New Wisdom
230-500pm	Massage & Chakra Healing Sessions Pre-Booking (nourish your body, mind & spirit)
300pm	Pack up and Travel home safely

\*confirm massage time and healing sessions