

MANDALA

YOGA MEDITATION RETREATS

WITH TARA SOUTH

Oz Outback Retreat **19th - 21st February 2021**

“Your time to kick back, relax and let time disintegrate”

I'm so excited to share with you the details of our Oz Outback Retreat. Let's run-away together and play in the Dorrigo Mountains, escaping from the 19th February 2021.

This is your time to kick back, relax and let time disintegrate. The best part about a retreat, is that you can choose how much you feel like doing.

Our venue is set amongst the treetops at the gorgeous Mt. Christopherson Mountain Retreat. You can take time to relax by the pool, have a stroll among the woodlands, or perhaps enjoy a little nap. Overlooking the Dorrigo Plateau set 1007m above sea level, we get the opportunity to breathe in fresh mountain air and leave behind anything unrequired.

Info Breakdown

- 10 participants max
- \$500 non refundable deposit to hold space. Rest payable 6 weeks prior to event start date - **7th January 2021**
- Full payment for shared accommodation, all meals, tea/coffee/water, pool, linen, Yoga, meditation and workshops
- **Early Bird offer** \$780 AUD per person (ends 4th December)
- Regular price \$880 per person

Packing List

- Own Yoga mat*
- Own Yoga props (if you have them)*
- Cushion(s) - Preferably 3, size small, medium and large*
- Medium sized towel, if you don't have a yoga strap*
- Yoga apparel
- Sleepwear
- Relaxed clothing for down time and evenings
- Light sweater
- Bathroom amenities
- Swimmers & pool towel
- Journal & pen

Schedule

Friday

- 12pm onwards - Arrival
- 1.30pm - Welcome lunch
- 4.30pm - 6.30pm - Opening ceremony, Meditation & Yin Yoga Practice
- 7.00pm - Dinner

Saturday

- 7.30am - 9.30am - Meditation & Asana Session
- 10.00am - Lovely long breakfast
- Free time
- 1.30pm - Lunch
- 4.00pm - 5.00pm - Optional philosophy workshop
A discussion around "The 4 paths of Yoga"
- 5.00pm - 6.30pm - Meditation & Yin Yoga
- 7.00pm - Dinner

Sunday

- 7.30am - 9.30am - Meditation & Asana Session
- 10.00am - Lovely long breakfast
- 11.30am - 12.30pm - Optional closing workshop
Finalising our discussions around "The 4 paths of Yoga"
- 12.30pm - Closing ceremony
- 1.30pm - Lunch
- 2.30(ish)pm - Depart

Extra Activities

In your free time, Mount Christopherson is the perfect base from which to explore the surrounding national parks of the World Heritage Gondwana Rainforests. Dorrigo, New England, Cathedral Rocks, Guy Fawkes and Chaelundi National Parks are all within easy reach by car.

Tara Time

If you wish to have some private time with me during the retreat, you can schedule in some time with me on site during the retreat. I will be available to chat between scheduled yoga sessions and workshops throughout the retreat.

Covid-19 Guidelines*

Your health and safety is of paramount importance to us. Therefore, during this retreat, we will be abiding by the Government's Covid-19 rules and advice. We will be providing hand gel and masks, your food will be prepared in a safe environment. To help keep us safe, I ask you to bring your own yoga mat, props (if you have your own) and cushions for our yoga sessions. If you have any questions or concerns, please email admin@mandalaymr.com



