



Treat yourself to a weekend of mind and body bliss

THREE DAY YOGA RETREAT

Are you ready to take a fascinating journey into an exquisite sense of being? Join Balance Point Yoga in November for three days of Yoga immersion, where Anastasia will show you how to deepen your practice so you can experience that deep sense of transformation Yoga promises you.

You'll experience the completeness of Yoga within the stunning surrounds of the world heritage listed Blue Mountains. Luxurious accommodation awaits you with a lovingly restored historic guest house known as Kurrarra Guest House, built in 1902.

Your daily asana and pranayama sessions are held within a spacious Yoga studio, an ambient light filled 55 sqm space, crafted with recycled 6" Baltic pine floorboards, large bay window and door, vaulted ceilings, plus reverse cycle air-conditioning for your comfort. The retreat is fully catered for with vegetarian meals.

Explore the villages of the Blue Mountains in your free time

Home to Scenic World, **Katoomba** has plenty of restaurants and vegan cafes, art galleries and the Cultural Centre to explore.

Leura is just a few minutes' drive and offers great cafes and retail therapy.

Wentworth Falls has some popular walks and scenic lookouts, Blackheath views of the Grand Canyon and many walks, and the Victory Antiques Market.

Additional nights available

You may book extra nights' accommodation after the retreat. Ask for our special rate which will include accommodation & breakfast. Lunch and dinner are not included.



“Yoga brings gifts from
your very first day”

- BKS Iyengar

When

4th, 5th & 6th November 2022

Arrive: Friday, November 4th. Check-in from 2.00 pm.

Depart: Sunday, November 6. Check out by 10 am.

Where

Kurrarra Historic Guest House
17 Coomonderry St, Katoomba
NSW 2780

Inclusions

All meals, accommodation & yoga, linen, towels, toiletries, and hairdryer provided.

Meals

A light continental buffet-style breakfast will be served daily. Lunch & Dinner are vegetarian, cooked by Sid, our local chef. A huge selection of teas & freshly ground coffee is available all day. Please let us know if you have any specific dietary requirements.

Food intolerances: We cater for the usual requests, lactose-free milk/yogurts, and our chef cooks with no garlic/onion, no gluten, and no dairy. Food includes soups, salads, and a range of tasty vegetarian food. Portions are generous and there is plenty of variety to satisfy all tastes.

Is this retreat right for me?

Experience the fascinating journey this retreat offers you, into an exquisite sense of being. This retreat will honour wherever you are starting from, whether as an established, emerging or foundational student.

The key to deepening your practice lies in cultivating your attention inwards and, from there, spreading it like a sheath, from your known to your unknown layers. To experience the often termed "transformation" doesn't necessarily lie in doing advanced asana. Sometimes, moving back from the complex pose back to the simple allows you to experience an intensified clarity. The outer form is already well known, so the consciousness has more freedom to expand.

"The young, the aged, the diseased and the weak - all may take to the practice of yoga and derive its benefits without hindrance."

Hathayoga Pradipika, 1-64

Investment - prices include food, rooms & yoga

Standard Ensuite - \$900
Spa Suite Single - \$1040
Spa Suite Share - \$790

Lily Self-contained Villa
Single - \$940
Shared - \$740

(The Lily self-contained villa has two queen bedrooms and a shared bathroom.)

The guest house has x8 rooms and x2 of these can be shared. All rooms have a private ensuite

If you are new to yoga or returning to the practice, this retreat will provide a steady pace and straightforward classical sequencing so that your learning develops on steady foundations.

Requisite: Three months' previous experience.

Inversions will be included as well as alternatives for students with less experience.

Mats and Props: Please bring 1 yoga mat, 3-4 yoga blankets, 2 yoga bricks, 1 yoga strap. A limited amount of props available - please enquire.

Programme

Friday

2.00 pm - 4.00 pm Check-in
4.30 pm - 6.30 pm Restorative asana class
7.00 pm - 8.00 pm Dinner

Saturday

6.30 am - 7.00 am Pranayama
7.30 am - 8.30 am Breakfast
9.30 am - 11.30 am Asana class
12.00 pm - 1.00 pm Lunch
1.00 pm - 4.00 pm Free time
4.30 pm - 6.30 pm Restorative Asana class
7.00 pm - 8.00 pm Dinner

Sunday

6.30 am - 7.00 am Pranayama
7.30 am - 8.00 am Breakfast
8:00 am - 9:30 am Asana class
9.30 am - 10:00 am Pack up and vacate rooms

Bookings

Please contact Anastasia if you have any questions or would like to book your place. Bookings require a \$500 non-refundable deposit to secure your spot. The final payment is due by 9th October 2022. Limited spaces are available.

Direct deposit available.

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