

YOGA & WELLNESS *Retreats* at BINNA BURRA

**DATES 6-10 SEPTEMBER
& 8-12 NOVEMBER 2017**



Create bliss by awakening your physical body through twice daily yoga practice, **calming your mind** with breath awareness and **healing your soul** with meditation and yoga Nidra, guided by an International Yoga Teacher and Qualified Yoga Therapist.

Designed to provide the complete Yoga beginner, through to intermediates with the tools that will change your life.

**FOR AN AGENDA & PACKAGE PRICES
PLEASE CALL 07 5533 3622**



BINNABURRALODGE
LAMINGTON NATIONAL PARK | QUEENSLAND



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Create bliss by awakening your physical body through twice daily yoga practice, **calming your mind** with breath awareness and **healing your soul** with meditation and yoga Nidra, guided by an International Yoga Teacher and Qualified Yoga Therapist. Experience traditional natural Indian cleansing techniques as well as educating yourself further in personal nutrition. Enjoy replenishing your mind and body with a range of healthy food and beverages, while getting in touch with nature on the guided bush walks. Designed to provide the complete Yoga beginner, through to intermediates with the tools that will change your life.

YOUR HOST...

Ray is a dedicated Yogi. His fitness and health journey began as a personal trainer, managing a boutique studio, before Yoga changed his life. Ray is a 500 hour trained teacher educated in India as well as a Yoga Therapist (Diploma) being educated in an Ashram, also in India. After his training Ray spent 6 months in India living in the Himalayas and teaching at the Buddhist Educational Centre that is part of the Dali Lama run temple. Currently Ray teaches in various studios in Northern NSW as well as Binna Burra Lodge. Ray is also a qualified life coach and a Master practitioner in Neuro Linguistic Programming (NLP).

RETREAT AGENDA

Wednesday

2pm	Check-in
3pm	Meet & greet
3.30pm	Yin Yoga & meditation
6.30pm	Dinner in the Clifftop Dining Room
8.30pm	Silence walk

Thursday

6am	Pranayama breathing yoga
6.30 - 7.30am	Hatha yoga
7.30 - 8am	Meditation
8am	Breakfast
10.30am	Juice break
11am	Workshop - nutritionist
1pm	Lunch
2.30pm	Rainforest meditation walk (Tullawall)
5pm	Yin Yoga
6.30pm	Dinner
8.30pm	Evening meditation/Yoga Nidra

Friday

6am	Pranayama breathing yoga
6.30 - 7.30am	Hatha yoga
7.30 - 8am	Meditation
8am	Breakfast
10.30am	Juice break
11am	Ayurveda workshop
1pm	Lunch
2.30pm	Cleansing workshop
5pm	Yin Yoga
6.30pm	Dinner
8.30pm	Campfire meditation

Saturday

6am	Pranayama breathing yoga
6.30 - 7.30am	Hatha yoga
7.30 - 8am	Meditation
8am	Breakfast
10am	Free time
1pm	Lunch
2.30pm	Activity/workshop
5pm	Yin Yoga
6.30pm	Dinner
8.30pm	Evening meditation/Yoga Nidra

Sunday

6am	Pranayama breathing yoga
6.30 - 7.30am	Hatha Yoga
7.30 - 8am	Meditation
8am	Breakfast
10am	Check-out

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