

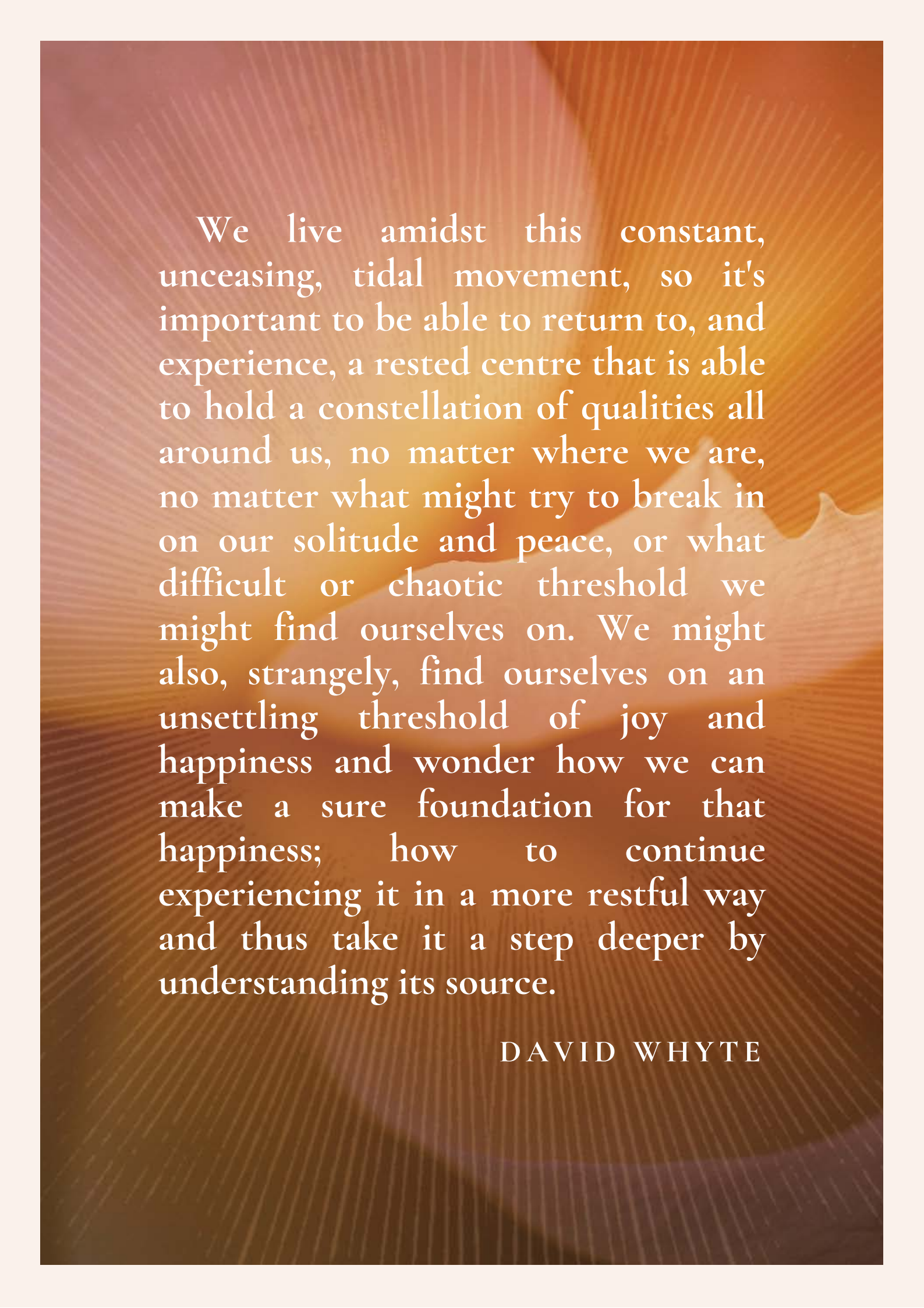
SUKHA YOGA



restore

R E T R E A T

Friday 3 – Sunday 5 May 2024



We live amidst this constant, unceasing, tidal movement, so it's important to be able to return to, and experience, a rested centre that is able to hold a constellation of qualities all around us, no matter where we are, no matter what might try to break in on our solitude and peace, or what difficult or chaotic threshold we might find ourselves on. We might also, strangely, find ourselves on an unsettling threshold of joy and happiness and wonder how we can make a sure foundation for that happiness; how to continue experiencing it in a more restful way and thus take it a step deeper by understanding its source.

DAVID WHYTE



Friday 3 - Sunday 5 May 2024

Noble River Estate, Dwellingup, Western Australia

therapeutic yoga practice



forest bathing & walking trails



ayurvedic meals prepared by Mohini from ayurmata



uplifting company & soul replenishment



remembering wholeness

when we *gift* ourselves an opportunity to *step away* from the routine and requirements of *everyday life* and *immerse in nature, contemplative practice and rest*, we strengthen our *return* to a *more restful and easeful state of being*.



During this retreat you can expect to be guided through a selection of thoughtfully curated yoga practices. We will explore gentle yoga asana, vedic chanting, pranayama, yoga nidra and meditation to support you in restoring wholeness. We also have allowed ample time for moments of slowness, allowing you to fully embrace the tranquility that reigns here in the forest. Great Nature is the perfect teacher to remind and recalibrate our personal nature and the fertile forrest surrounds of this property only enhance this truth.

We are very fortunate to be in receivership of ayurvedic nourishment by Mohini from ayurmata. Expect delicious locally sourced produce, wholefood focused and optimally nutritional meals.

The classes and meals and experiences are enjoyed as a group, however there is always plenty of space for introspective time alone.



Your retreat leader, Lara Dwyer has been a student of Yogic practices for 20 years and has been teaching for 12 years. She has been privileged to have studied (and continues to study with) an exceptional selection of teachers within Vedic and Eastern philosophy who have imparted invaluable teachings of Yoga & Meditation. As a mother of two daughters, she is passionate about sharing a practice that is useful and applicable for living in our world today.



This retreat offers the opportunity for renewed clarity, regained presence and deep rest. It is my hope that your reemergence into daily living after our retreat, you will be buoyed from the gentle reconnection with the truth within you.



Our weekend takes place at the stunning property Noble River Estate in Dwellingup, just 90 minutes from Perth.

The property features 6 self contained chalets. 5 Chalets have two rooms with one bathroom and one chalet has three rooms and one bathroom. Each guest will be given their own private room with a shared bathroom.

Investment

\$950 pp



Single and double bed configurations within private rooms. Double beds will be allocated on a first come basis. If you wish to share your chalet with a friend, please let Lara know on booking.



Retreat arrival time is from 2:00pm Friday.

An arrival platter by Mohini will be served at 3:00pm with our first practice beginning at 4:30pm

Departure time is 11:00am Sunday

Retreat is inclusive of 2 nights accomodation (private room), Brunch, warming drinks and Dinner by Mohini with all dietary requests catered for & yoga immersion lead by Lara

In the event of you needing to cancel your place, you will be refunded the total retreat cost (minus the \$100 deposit) if cancellation is before March 15, 2024. If you cancel after March 16, 2024, we can not refund your retreat cost.



To book your place, please email lara@sukhayogaaustralia.com.au

To confirm your place a \$300 deposit is requested of which \$100 is non refundable

