# Yin Yoga & Pranayama Glamping Retreat

Preparing to Move Inward



with Dominique Salerno & Dr. Karina Smith

# Phillip Island April 24-27

MEET THE SEASON WELL

#### Thank you for your interest in this offering.

Karina and Dominique are thrilled to finally hold their annual Yin & Pranayama Retreat on this incredible 12 acres of land, set high above the Phillip Island coast, with outlooks to Westernport Bay. Bordering national forrest and surrounded by incredible nature and wildlife.

This will be a very intimate gathering of 10 retreat goers, enjoying daily yogic practices, Ayurvedic meals, nature immersion and insights together.

As the season begins to turn inward, so shall we, as we gather together to replenish and reconnect with our inner landscapes, amongst some of the most beautiful bushland Australia has to offer.





### Retreat Details

LOCATION Ananda, Phillip Island 216 Cowes-Rhyll Rd, Rhyll

DATES / TIMES Arrival from 4pm Thursday 24th April Departure 4pm Sunday 27th April

ALL INCLUSIVE 3 DAY & 3 NIGHT \$1375, (in a private glamping space)

CONTACT DETAILS Dominique Salerno 0402 298 199 Karina Smith 0423 525 483

### Retreat Itinerary Day 1 Thursday April 24

4:00pm ARRIVAL & CHECK IN Enjoy a warm welcome, light refreshments, stretch our legs, settle into the space and one anothers' company.

> 4:30 - 6:00pm WELCOME CIRCLE & SUNSET PRACTICE Gentle movement, breathwork & introductions.

> > 6:30 - 7:30pm DINNER

7:30pm - 8:00pm DIGEST, RELAX & MINGLE AROUND THE FIRE PIT

8:30pm - 9:15pm EVENING PRACTICES& WISDOM CIRCLE



### Friday April 25

7am - 7:30am SHALA OPEN FOR OPTIONAL KRIYAS OR SELF GUIDED MEDITATION

7:30am – 9:00am MORNING SLOW FLOW YOGA & PRANAYAMA

9:30am – 10:30am BREAKFAST

11:00am – 1:00pm MID MORNING REST & REFLECT IN NATURE

1:00pm – 2:00pm LUNCH

2:00pm – 4:00pm AFTERNOON REST & REFLECT

4pm – 5:30pm YIN YOGA & SUNSET

6:00pm – 7:00pm DINNER

7:30pm - 8:00pm DIGEST, RELAX & MINGLE AROUND THE FIRE PIT

8:30pm - 9:30pm EVENING PRACTICES & WISDOM CIRCLE

### Retreat Itinerary Day 2

# Retreat Itinerary

### Day 3 Saturday April 26

7am - 7:30am SHALA OPEN FOR OPTIONAL KRIYAS OR SELF GUIDED MEDITATION

7:30am – 9:00am MORNING SLOW FLOW YOGA & PRANAYAMA

9:30am – 10:30am BREAKFAST

11:00am – 1:00pm MID MORNING REST & REFLECT IN NATURE

1:00pm – 2:00pm LUNCH

2:00pm – 4:00pm AFTERNOON REST & REFLECT IN NATURE

4pm – 5:30pm YIN YOGA & SUNSET

6:00pm - 7:00pm DINNER

7:30pm - 8:00pm DIGEST, RELAX AND MINGLE AROUND THE FIRE PIT

8:30pm - 9:30pm EVENING PRACTICES & WISDOM CIRCLE

# e Retreat

# **Itinerary** Sunday April 27

Day 4

7am - 7:30am SHALA OPEN FOR OPTIONAL KRIYAS OR SELF GUIDED MEDITATION

7:30am - 9:00am MORNING SLOW FLOW YOGA & PRANAYAMA

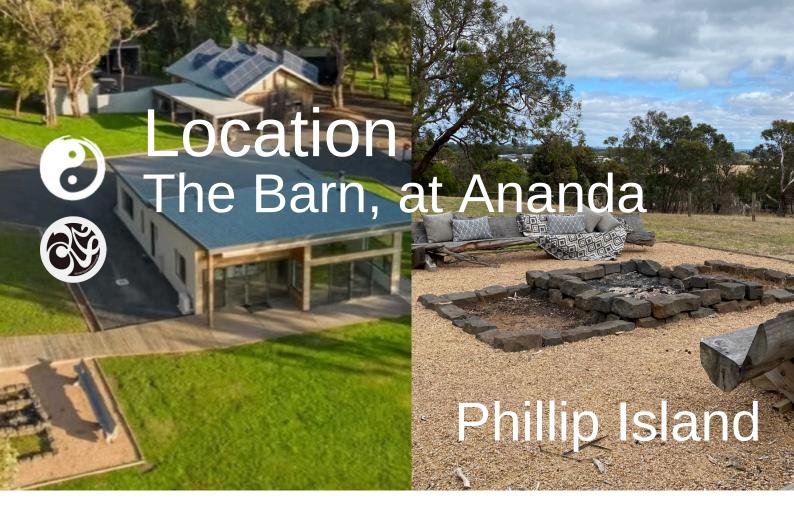
9:30am - 10:30am BREAKFAST

11:00am - 1:00pm REST, REFLECT & PACK UP

1:00pm - 2:00pm LUNCH

2:00pm - 3pm REST & DIGEST

3pm-4pm CLOSING CIRCLE

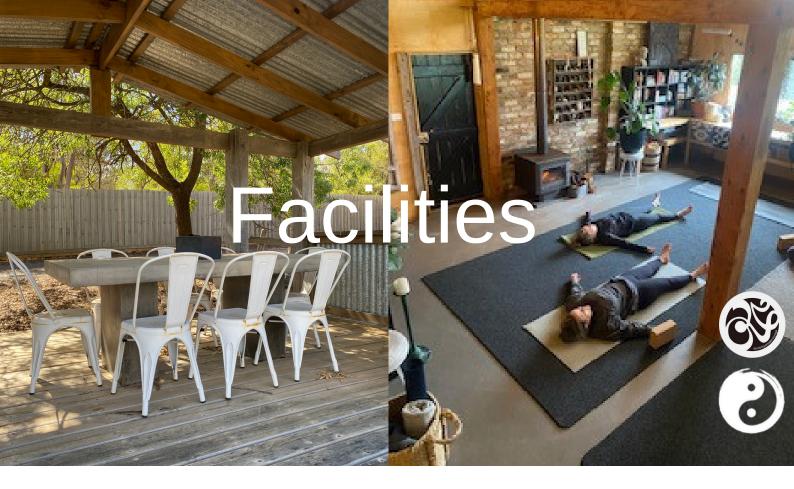


This retreat offers a one-of-kind, boutique yoga retreat experience.

An all-inclusive package with accommodation in a private glamping tent at the stunning Ananda, Phillip Island.

12 acres, set high above the Phillip Island coast, nestled directly next to national forrest, surrounded by incredible nature and wildlife.

This will be a very intimate gathering of 10 retreat goers, enjoying daily yogic practices, traditional Ayurvedic meals and insights together.



Our new venue holds 10 guests within a newly converted barn for our practices, with accommodation in fully appointed, private luxury glamping tents set amongst 12 lush acres overlooking Westernport Bay.

New indoor and outdoor showers and toilets, and community spaces featuring open fireplaces, and enormous outdoor communal firepit.

Enjoy spending time walking the trails of lush Oswin Roberts nature reserve, reading, journalling, meditating or connecting with an intimate group of kindred spirits.

### In the tradition of Ayurveda food is medicine

Indulge your tastebuds with lovingly prepared, nourishing vegetarian meals.

Prepared in accordance with Ayurvedic principles, and featuring Anandas' very own organic produce.

The retreat menu has been carefully curated featuring dishes to align the body and mind with the Yin half of the year.

Breakfast, lunch and dinner provided.

\*vegan options available on request.

PLEASE ADVISE OF ANY FOOD ALLERGIES OR INTOLERANCES UPON REGISTRATION.

# Nourishment



# Getting There

Getting to Phillip Island is easy. Choose from a comfortable drive of under 2 hours from Melbourne, let someone else do the driving and jump on the bus, or board the Western Port passenger ferry to cross Western Port Bay from Stony Point in Mornington Peninsula to Cowes on Phillip Island.

Travelling by car from Melbourne To get to Phillip Island by car, travel along the Monash Freeway from Melbourne and take the exit to Phillip Island (near Cranbourne) along the South Gippsland Highway (M420). Continue to follow the signs for Phillip Island onto the Bass Highway (A420). Continue onto the Phillip Island Tourist Road (B420), travelling over the bridge at San Remo onto the island.

Public transport options V/Line runs daily coach services between Southern Cross Station and Cowes, via Grantville, Corinella, Bass, San Remo and Newhaven.

The Western Port Ferries passenger ferry, travels from Stony Point on the Mornington Peninsula across Westernport Bay to Cowes. For timetables and costs, please visit <u>westernportferrie</u>



CLOTHING & FOOTWEAR During April we typically enjoy blue skies and fresh temperatures rangign from 12 - 17 degrees.

We recommend you come prepared for a wide range of conditions. Multiple, warm layers are essential. Wet weather gear and an umbrella suggested. Hats, sunglasses and sleepwear. Runners or hiking shoes.

#### YOGA GEAR

Please bring your yoga mat, blanket, cushion, blocks, straps, bolsters or any other props you like. \*neti pot if you use one.

#### PERSONAL ITEMS

Toiletries: toothbrush, toothpaste, shampoo, conditioner,earplugs, eyemask.water bottle, keep cup, notebook, journal and pen for reflection. Bath & shower towels are provided.

### **Spaces Strictly Limited**

BOOK YOUR SPACE NOW! Please visit www: karinasmith.com

Of course, if you have any questions or wish to discuss any aspects of this offering, please don't hesitate to contact us:

> Dominique 0402 298 199 Karina 0423 525 483

email: info@dominiquesalernoyoga.com hello@drkarinasmith.com

Bookings and Payments to be made by 31st March 2025

ONLY 10 SPACES AVAILABLE BOOK IN ADVANCE TO AVOID DISSAPOINTMENT



## Love Karina & Dominique