

Yin Yoga & Pranayama Glamping Retreat

Preparing to Move Inward



with Dominique Salerno
& Dr. Karina Smith

Phillip Island

April 24-27

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 another's 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





Retreat

Day 4

Itinerary

Sunday April 27

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



Location The Barn, at Ananda



Phillip Island

This retreat offers a one-of-a-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 forest, 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.



Facilities



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.**





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 [westernportferrie](http://westernportferrie.com.au)



Packing Checklist

CLOTHING & FOOTWEAR

During April we typically enjoy blue skies and fresh temperatures ranging 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](http://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