



*Sanctuary Retreat is an accredited
Eco-lodge set in the heart of
lush tropical rainforest
at Mission Beach,
N. Queensland.*

Why hold a Yoga Retreat?

- Yoga retreats are a valuable addition to the range of services a Yoga School offers.
- For newer students and beginners, it offers them the opportunity over the week to make a commitment to their yoga practice and their school they might not otherwise make.
- For the teachers, it offers a paid holiday, albeit a working one, in a tropical paradise. And of course, it also provides the Yoga School with a new income stream.

Why hold a Yoga Retreat at Sanctuary?

- **A Tropical Paradise not far away** - Amidst 50 acres of lush tropical rainforest in Mission Beach, North Queensland, overlooking the Coral Sea and a near-private beach, Sanctuary is almost as much a refuge for city dwellers as it is for the native wildlife. Conveniently located within Australia without the stresses of international travel, Sanctuary Retreat offers an exotic yoga holiday and tropical rainforest experience remote from everyday life. From Sydney, for example, travel time can be as little as 5½ hours door to door with airfares generally available from under \$350.00 return.
- **A wide range of prices and accommodation styles** - Though yoga students share their interest in yoga, each is unique and comes from a wide range of backgrounds and personal income levels. By offering all of Sanctuary's differing accommodation styles and catered or self-catered options, each yoga retreat can offer a similarly diverse price range. This maximises success of your retreat, as it is accessible to most of the school's students, rather than just those in particular income bracket.
- **Intimate Retreats or Large Workshops** – Whether it's six or forty six, you only pay for the accommodation you need, so there is no minimum numbers required to hold a successful retreat. It's entirely up to you. For large schools that will attract over 46 participants, then you might want to consider holding a two week retreat giving students the choice to attend the first or second week or both. We're flexible



UNIQUE YOGA RETREATS & ECO-LODGE

Shouldn't you
be seeking

Sanctuary
RETREAT
MISSION BEACH

yoga

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- **Co-operative Advertising** – If you are looking to attract participants to your retreat other than those from your school, then we can help. Sanctuary's highly ranked yoga retreats web page at www.sanctuaryretreat.com.au/yogaretreats is advertised on Google, Findyoga.com.au, Responsibletravel.com and others. When you book your retreat we can provide you with a free listing on the Sanctuary site with a link back to your own site. Sanctuary also takes out print advertisements in publications such as Australian Yoga Life, Well Being, A-Zen, Living Now and others. We can advertise your retreat on a co-operative basis in high profile advertisements for a fraction of the normal cost.
- **Dedicated Yoga space** - The yoga building is specifically designed for Yoga Retreats with soft sprung polished timber flooring, plenty of natural light and ventilation as well as ample wall space and yoga props. In the midst of the rainforest and well away from the other facilities, it provides a haven within a haven for yoga and meditation sessions.
- **Creative Catering - Food to live for** - A part of any great holiday is great food and Sanctuary's in-house Restaurant won't disappoint. Catering to both Carnivores and Vegetarians, the menu offers fresh local produce imaginatively prepared and presented at a very affordable price. You may want to include all meals as part of your retreat or one or none and let your students choose to self cater or order a-la-carte or a mix of both.
- **Administrative Simplicity** - We can appreciate that for many Yoga Schools there is limited time to manage the complexities of organising a Yoga Retreat. For a small fee (generally around 5% of the booking price) Sanctuary can field inquiries on our free-call 1800 telephone number, take bookings and credit card payments, advise on travel arrangements etc. Please see 'How to book' for more details.
- **A return to Nature** - Yoga students share not only a love of yoga, but usually share a desire for personal fitness and well being and an appreciation of the natural environment. Sanctuary satisfies all the criteria, with advanced eco-accreditation for protection of a stunning untouched environment. The many walking trails and peaceful surroundings provide constant opportunity for exercise and soul soothing activities to complement yoga sessions.



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