



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 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 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 5.5 hours door to door with airfares generally available from under \$350- 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 back grounds 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 6 or 46, 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 groups 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.





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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 webpage at www.sanctuaryretreat.com.au/yogaretreats is advertised on Google, 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 likes to take out print advertising in publications such as Australian Yoga Life, Well Being magazine and Australian Yoga Journal.
- **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. Sanctuary specialises in vegetarian cuisine but can equally cater for specialised diets i.e. gluten free, vegan options or meat eaters alike. The menu's offer 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 al-a-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 enquiries on our free-call 1800 telephone number, take bookings and credit card payments, advise on travel arrangements etc. Please see <https://sanctuaryretreat.com.au/wp-content/uploads/2018/08/HowToBook-1.pdf> for more details.
- **A return to Nature** – Yoga students share not only a love of yoga, but usually share a desire for personal fitness, health, well being and an appreciation of the natural environment. Sanctuary nurtures all of this, 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, immersing you in the healing energies of the rainforest.