



Annual Australian Knoff Yoga Retreat



**with Master Teacher
Nicky Knoff**

Mission Beach, North Queensland

Friday 21 June to Sunday 23 June 2019

Join Master Teacher Nicky Knoff in this beautiful part of Tropical North Queensland for a yoga retreat that will leave you feeling renewed, relaxed and rejuvenated.

This retreat is limited to 20 students. To secure your place, a non-refundable deposit of \$100 is required, with the balance of payment due by 11 May 2019.



Details

Take a break from the demands of every day life and join us for this tropical yoga retreat with renowned Master Teacher Nicky Knoff.

The retreat includes 4 yoga classes, 2 philosophy sessions, delicious vegetarian evening meals, including a mouth-watering Indian feast on the last night. Special dietary requirements can be catered for. With plenty of time to relax and unwind, enjoy beach walks, ocean swims and the array of wildlife that surrounds you in this little pocket of paradise at The Sanctuary Retreat in Mission Beach, North Queensland.

The Sanctuary Retreat is an accredited rainforest eco-lodge set on 50 acres of lush tropical rainforest overlooking the Coral Sea and is located half way between Cairns and Townsville. It has a beautiful purpose-built yoga room with polished timber floors, exposed beams and high ceilings.

There is a choice of accommodation with inexpensive rainforest huts with or without private amenities, and canopy cabins with their own bathrooms and balconies. Both types of accommodation are available as single or twin share. There is a kitchen available for your use where you can prepare your own breakfast and lunch, or you may purchase a selection of delicious food from the resort restaurant.

Visit www.sanctuaryretreat.com.au for extensive information about this beautiful resort.

Inclusions

Yoga classes and philosophy sessions, evening meals and accommodation for 2 nights.

Accommodation

(prices are per person)

Rainforest huts alfresco ensuite

– cold water

~ Twin share \$505 ~ Single use \$585

Rainforest huts – no ensuite

~ Twin share \$475 ~ Single use \$545

Deluxe cabins

~ Twin share \$585 ~ Single use \$735



Timetable

FRIDAY

4:30 – 6:00 pm	Morning Yoga
6:30 pm	Dinner in the resort restaurant
7:30 – 8:15 pm	Philosophy discussion

SATURDAY

7:00 – 9:30 am	Morning Yoga
	Free time
4:30 – 6:00 pm	Afternoon Yoga
6:30 pm	Dinner in the resort restaurant
7:30 – 8:15 pm	Philosophy discussion

SUNDAY

7:00 – 9:30 am	Morning Yoga
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Accommodation and destination images courtesy of Sanctuary Retreat



For more information, please visit the Knoff Yoga website or contact Nicola: 0450 195 301 | nicola@knoffyoga.com

www.knoffyoga.com



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