



ANNUAL AUSTRALIAN  
**Knoff Yoga  
Retreat**

**with Nicky Knoff & Owen Scotts**

**Friday 19 to Sunday 21 June, 2020**

Mission Beach, North Queensland



**Join Master Teacher Nicky Knoff with Owen Scotts 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 8 May 2020.

"The program was fantastic and in the most beautiful location." *Sarah Moss, 2019 participant*



# Annual Australian Knoff Yoga Retreat

## Friday 19 to Sunday 21 June, 2020



The Retreat offers 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](http://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 \$525 ~ Single \$610

#### Rainforest huts (no ensuite)

~ Twin share \$495 ~ Single \$570

#### Deluxe cabins

~ Twin share \$610 ~ Single \$760

### Timetable

#### FRIDAY

4:30 - 6:00 pm	Afternoon 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

### What our participants are saying about the Retreat:

"Nicky's excellent, clear, instructions and explanations, modified for the individual student. She was motivational, inspiring and compassionate."

*Lesley Olsen, 2019 participant*

"Nicky is a fantastic teacher. Being in her presence and learning from her knowledge and experience gives you such a sense of well being. It was a privilege to have Nicky guide our learning. The great thing is that the Yoga journey never ends, if you keep your mind open to learning."

*Jane Chin, 2019 participant*



For more information, visit the Knoff Yoga website  
or contact Nicola: 0450 195 301 | [nicola@knoffyoga.com](mailto:nicola@knoffyoga.com)

[www.knoffyoga.com](http://www.knoffyoga.com)



**KNOFF  
YOGA**

energise · elevate · evolve