

YOUR GREAT SOUTHERN

Wellbeing retreat

DENMARK, WESTERN AUSTRALIA
3 - 8 October 2022

**Early
Bird Special!**

Book before July
31st and receive a
wellness gift
package valued
at over \$250

Be part of a cultural and historical experience in one of the country's best kept secrets, Denmark, Western Australia.

Commencing on Monday 3rd October and concluding on Saturday 8th October, 2022, our exclusive Denmark wellness retreat offers a space where you can consciously breathe, reset, and ignite the senses in one of the most beautiful parts of the world, amidst WA's rainbow coast. Nestled amongst ancient forests, spectacular beaches, historical sites, stunning vineyards, walking and cycling trails, Denmark is the perfect destination for your south coast getaway.

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YOGA • MEDITATION • NATURE • FOOD • WINE • CULTURE • BALANCE



Take the green therapy of the ancient forest, plus the crisp clean air of the extraordinary rainbow coastline and you have the secret ingredients for renewal, reinvention, and an immersion in one of nature's most breathtaking yet tranquil vistas.

Incorporating mindfulness based activities including Hatha Yoga, Breath Practice, Seated Meditation and Meditative Nature Walks, our daily program entices you to come with an open mind and simply bathe in the blissful surrounds.

Our aim is to create a bespoke experience that is both comfortable and transformative, so we have limited our numbers to nine mixed chalets at our hand picked accommodation, Karri Mia.

We warmly welcome you – regardless of age and fitness level – to join us as we explore, relax, and unwind over five glorious days. Participate in all of our scheduled activities, or pick and choose at your own pace.

Nature speaks directly to the heart – it opens and connects.

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Accommodation

KARRI MIA

427 MOUNT SHADFORTH RD, DENMARK



Located along the Rainbow Coast of Western Australia, 414 kilometres south of Perth – via the Albany Highway State Route 30 – the Town of Denmark is situated on the northern shores of the Wilson Inlet and along the banks of the Denmark River.

Our beautiful accommodation, Karri Mia, is only five minutes from the town centre, a short drive to the best local wineries, and minutes from some of Australia's most magnificent coastline and forest reserve.

Offering world class, self-contained spa chalets and studio accommodation, Karri Mia overlooks the spectacular Denmark region.

Immerse yourself in the picturesque views and peaceful landscape of Mother Nature at her best, from the comfort of your chalet.



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THE HUB FOR HEARTISTS
MIND BODY
Collective

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Meet the team



EMMA PUGSLEY

Tour Guide & Retreat Host

Emma's lifelong commitment to health, wellbeing and fitness reflects in her dedication to her work as a yoga teacher, manager, and founder of Myall Wellbeing.

Having spent more than 25 years in senior corporate roles, Emma has experienced first-hand the sedentary and often stressful nature of office environments. Her gift is in inspiring people at all levels to take the small, incremental steps toward a healthier life, incorporating the principles and practices of yoga and meditation.

Emma believes good health and wellbeing doesn't just happen – it's a commitment that requires support, acceptance, understanding, education and a like-minded community.



TANAYA TI'EN

Yoga Therapist & Retreat Curator

Tanaya is an accredited Yoga Therapist, Senior Yoga Teacher, and creator of the "Rock Your Chakras, Roll Your Yamas Yoga Toolbox For Life". She has over 25 years' experience in mind-body disciplines, research and philosophy.

Founder of Mind Body Collective Australia, her work is centred around mind-body integration and the psyche's key role in illness, wellness, and the healing process.

Tanaya's philosophy is that the path of yoga can be transformational for everyone, regardless of physical capacity, age, or religion.

Residing between Perth and Denmark, Tanaya has the local knowledge to offer guests of our Great Southern Retreat a true 'Denmarkian' experience.



HIGHLIGHTS

- * 5 nights, 6 days of 'green therapy' immersing in forest and ocean air
- * 5 nights accommodation at the gorgeous Karri Mia Chalets
- * Daily continental self-serve breakfast
- * Complimentary meal each day at a variety of Denmark's tastiest dining spots, catering for all dietary requirements with sufficient notice
- * Daily yoga and meditation, and optional personalised one-to-one Yoga therapy with Tanaya
- * Guided tours to some of Denmark's most renowned spots including Green's Pool, Monkey Rock, Elephant Rocks, Ocean Beach, Valley of the Giants, Lights Beach, Denmark Town
- * Wine & cheese tasting at two of Denmark's hidden gourmet treasures.

PACKAGE PRICE INCLUDING GST

SINGLE	\$2,575
SINGLE SHARED	\$2,250
DOUBLE	\$3,975
FAMILY (2+2)	\$4,360

Over the course of the five days we'll enjoy a daily yoga practice incorporating the Yamas (social ethics) and Niyamas (personal ethics) of classical yoga. We'll explore how each of these ancient yogic precepts lands in the body via the mirror of the chakra system, gaining powerful insights into self-healing. We'll harness dynamic tools that can assist us in breaking through the causes of our suffering. Our suffering, from a classical yoga perspective being: Avidya (ignorance), Asmita (egoism), Raga (attachment), Dvesha (aversion), and Abhinivesha (fear).



PACKAGE INCLUDES

- * Accommodation
- * Daily Continental Breakfast and one other meal per day
- * Daily guided yoga & meditation
- * Daily schedule of activities and guided tours
- * Mini bus transport and entry fees to daily included excursions

NOT INCLUDED

- * Transfers to and from Denmark
- * Meals & drinks other than those included in the itinerary
- * Entry fees and transport to optional excursions
- * Optional Massage, and Yoga therapy
- * Yoga mats and props due to Covid health measures

**** Early Bird Special ****

Book your spot before July 31st and we'll gift you a therapeutic wellness package valued at over \$250 including a 60 minute personalised Yoga therapy consult with Tanaya, and a relaxation massage @ Myall Wellbeing.

