



WOODY ISLAND OVERNIGHT RETREAT



 *A whole mind and body experience*



www.twilighthyogastudioandretreats.com



RELAX & UNWIND ON OUR OVERNIGHT WOODY ISLAND RETREAT

- Cruise to Woody Island- 30 minutes
- Yoga and a meditation during your Retreat
- Gourmet meals including drinks and snacks
- Guided island walks
- Free time to swim & explore
- Group activities
- Opportunity to meet new people
- Return boat cruise to Esperance



Yoga

During the retreat there are three yoga sessions including a guided meditation. These sessions cover a number of yoga styles including Vinyasa Flow, Yin and Hatha Yoga. Our guided yoga Nidra Meditation and sound sessions allow you to enjoy the natural sound of birds and ocean on the island.

Activities

The Woody Island Retreat offers a range of different activities beginning with a boat ride past some of the beautiful untouched islands of the Recherche Archipelago. We feed sea eagles and often see dolphins and seals in their natural environment. Guided island walks/hikes on both days taking you on an adventure exploring the island and its amazing wildlife and scenery.





Accommodation

Woody Island is a beautiful remote island located 15kms from Esperance WA. It is one of the 105 islands in the Recherche Archipelago. It is a perfect opportunity to get back in touch with nature and put yourself first.

The Safari Huts are set up amongst the trees with stunning views of Shearwater Bay. It is camping in style. Each hut is twin share with a communal ablution block

Food

We take a lot of pride in our food and plan and prepare each meal very carefully to give you the best experience. We cater to most food and dietary requirements.

Rest and Relaxation

Rest and relaxation is an important part of our retreats. As well as enjoying our yoga, food and activities we allow time for you to rest and relax. There are a number of additional activities available to you during your stay. Snorkelling, fishing and observing the local wildlife living on Woody Island.

FAQ

What yoga level do I need to be?

This retreat is designed for all yoga levels.

I have dietary requirements. Can I still come?

We can cater for you. Please let us know when you book.

How many people per cabin?

The accommodation is twin share so ideal to book with a friend.

What time do we leave and return?

We depart around 8.30am on Saturday and return about 2pm on the Sunday.

Do I have to do the activities?

All activities are optional. Feel free to rest, relax and join in at your leisure.

What should I bring?

Defiantly bring your bathers, sneakers, hat and sunglasses.

Do I need to bring bedding or yoga equipment?

All bedding and yoga equipment is provided.





Melisa Rowe

My yoga journey began six years ago when running, netball and triathlons were no longer appealing. Yoga was something I could see myself enjoying into my later years and I began embracing the physical and mental guidance I was seeking from Yoga .

Melisa Rowe Yoga was created upon completing my yoga teacher training in December 2016. Having completed my Vinyasa 200hr YTT in Sanur, Bali at the Power of Now Oasis (PONO) I couldn't wait to begin teaching. After hopping from venue to venue for the first 6 months I felt the need to create my own space to call home. Within a two week period Twilight Yoga Studio was created and opened for its first classes in the 1st July 2017.

During the past four years as a yoga teacher, I've continued to further my yoga teacher training & experience completing further studies in YIN yoga, Chair Yoga, Hot Yoga, Kids Yoga Training.

Woody Island is my happy place and can't wait to get back over to Woody as each retreat is always so rewarding.

Ali Hooper

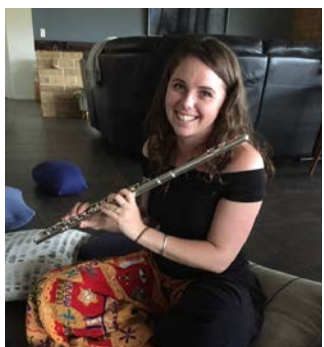


A nurse since 17, I have always been interested in food, cooking and eating. My cooking career began in 1985 on a 2 year overseas working holiday in Europe. I landed as a cleaner/kitchen hand at the fabulous Aigas Field Centre, in the Highlands of Scotland. The centre catered for the wealthy middle aged Americans wanting a taste of the highlands. The season's cook turned out to be a drunk, so I swapped dishclothes for wooden spoons and my cooking career was launched.

The 90s brought 2 children and a small family BnB at the edge of the Stirling Ranges. Being so far from restaurants I offered an evening meal, fuelling my passion for exploring new recipes and my "need to feed." The nineties saw us move to Esperance, with cooking taking a back seat to nursing. My role as Cancer Support nurse and Lactation consultant has highlighted the importance of healthy eating and has reinforced my interest in making healthy food taste fabulous.

After attending the first Woody retreat, I talked Melisa into letting me help with the cooking and I feel so incredibly lucky to combine three of my passions, healthy cooking, yoga and our magnificent Woody Island.

Katie



Many of my passions and loves are combined in the Woody Island Yoga retreat. As a botanist by training, artist focusing on the natural world, photographer and flautist musician, I will wear many diverse hats over the retreat, supporting the connection to the beautiful Woody Island nature during our yoga practice. Additionally, I have nurtured my own yoga journey since the young age of 10, after a disability limited my balance and mobility. I strongly believes in the importance of yoga for physical and mental health, and I'm excited to enhance the holistic benefits through sound, connection to place and celebration of the unique nature of Woody Island.



Itinerary

This is an example of a previous Woody Island Retreat. Itineraries change during all Retreats during the different seasons and weather conditions

Day 1

- 8.15am- Welcome smoothie or cup of tea prior to boat leaving
- 8.30am- Departure Time
- 10.00am- Morning Vinyasa Yoga
- 11.00am- Morning Tea
- 11.30am- Guided walk
After walk settle into Safari Huts
- 1.00pm- Lunch
- 2.00pm- Free Time
- 4.00pm- YIN Yoga and guided Nidra Meditation
- 5.30pm- Welcome drink, nibbles and group activity
- 7.00pm- Dinner and dessert
- 9.30pm- Suggested bedtime

Day 2

- 7.00am- Morning Yoga
- 8.30am- Breakfast
- 10.00am- Morning Hike to Skinny Dip Bay
- 10.30am- Morning Tea
- 11.30am- Free time to explore and swim
- 12.30pm- Lunch
- 1.30pm- Depart Woody Island
- 2.00pm- Arrive in Esperance



Cost

\$395

Includes-

Yoga and meditation classes

Shared accommodation in Safari Huts

Return boat ride to Woody Island

All activities (except hire of snorkelling gear)

Gourmet Food

Wine pairing with Dinner



Upcoming Overnight Retreat

21st & 22nd Nov 2020

6th & 7th Feb 2021

15th & 16th May 2021

27th & 28th Nov 2021



Testimonials

"My sister Anna and I were lucky enough to travel across to Woody Island with Melisa on her wonderful yoga retreat. It was such a special trip as we left feeling relaxed, re-aligned & at one with nature. Not to mention it was a fantastic opportunity for us to catch up on some quality sister bonding time! The safari huts were a fantastic spot for a little snooze or light reading in between all the swimming, exploring and laughing we did. The retreat offered a bit of everything from relaxing meditations, beautiful hikes, delicious food and of course plenty of yoga. We couldn't recommend it enough and are both so grateful to have experienced such a beautiful weekend getaway with a fantastic bunch of people. Can't wait to go on another one soon."

— Kate Ratcliff

Join the *Twilight* community

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SEND US YOUR FEEDBACK twilightsyogastudio@gmail.com

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