



THE PORONGURUPS YOGA RETREAT



 *A whole mind and body experience*

www.twilighthyogastudioandretreats.com



RELAX & UNWIND ON OUR LONG WEEKEND PORONGERUPS RETREAT

3 Night Retreat

Date: Friday 24th - Monday 27th
September 2021

Cost: \$950

Accommodation:

Bolganup Homestead

<http://www.bolganup.com.au/>



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 bath sessions allow you to enjoy the natural sound of birds and take in the beautiful surroundings.

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 including art, craft, drawing and flower mandala.

Activities

Coincides with Wildflower season
Guided walks with Katie White from Caladenia Co (Botanist). We will also be doing art, journalling, meditation and yoga.

Accommodation

The lovingly restored, 100 year old historic homestead and cottage is self-contained accommodation ideal for singles or couples.

Food

We take a lot of pride in our meals and plan and prepare each meal very carefully to give you the best experience.

We cater to most food and dietary requirements. So please let us know your dietary needs when booking. Mainly vegetarian based meals and snacks are served at our retreats.



Friday night welcome ceremony including YIN Yoga & Chakra Mediation

Saturday

- Vinyasa Yoga
- Morning tea
- Mid Morning walk
- Lunch
- Free time/rest time in arvo
- Art Session
- Night time guided Yoga
Nidra & Sound Bath Session
- Dinner
- Free time

Sunday

- Morning Gentle Yoga
- Guided walk/hike
- Long table lunch
- Free time in afternoon
- YIN Yoga
- Dinner

Monday

- Outdoor mindful walking
- Mediation
- Yin/Yang Yoga
- Closing ceremony
- Breakfast
- Check out 10am

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?

Yes, we can cater for you. Please let us know when you book.

How many people per room?

In total 15 people can attend this retreat. The accommodation has several rooms and if booking with a friend shared rooms can be arranged.

What time do we leave and return?

Please arrive Friday afternoon around 4pm and checkout is 10am Monday.

Do I have to do the activities?

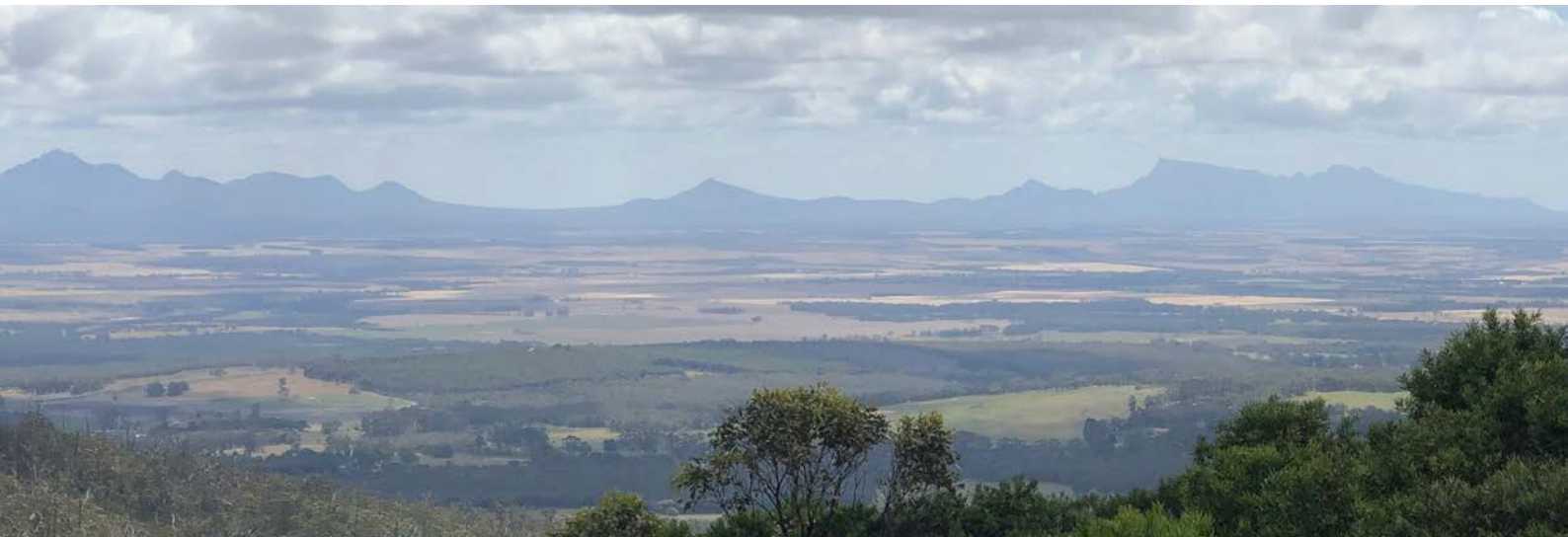
All activities are optional. Feel free to rest, relax and join in at your leisure.

What should I bring?

Bring your yoga clothes, sneakers, hat and sunglasses. A list of "What to Bring" is sent prior to your retreat.

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 Yoga gave me.

Melisa Rowe Yoga was created upon completing my yoga teacher training in December 2016. Having completed my Vinyasa 200hr YTT in Sanur, Bali. 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. Twilight Yoga Studio was created and opened for its first classes in July 2017.

During the past four years, I've continued to further my yoga training in YIN yoga, Chair Yoga, Hot Yoga, Kids Yoga Training, Sister Circles, Sound Bath Facilitation and many more.

I have visited The Porogrups many times and love the serenity, peacefulness and hope you will join us for this amazing weekend.

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 didn't return, so I swapped dishcloths 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 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 hiking. Come join us in a place once called home- The Porongerups.

Katie White

Many of my passions and loves are combined in the Twilight Yoga Retreats. As a botanist by training, artist focusing on the natural world, photographer and flautist musician, I wear many diverse hats. Additionally, I have nurtured my own yoga journey since the young age of 10, after a disability limited my balance and mobility. I strongly believe in the importance of yoga for physical and mental health, and am excited to enhance the holistic benefits through sound, connection to place and celebration of the unique nature when we all meet.

Testimonial

Mum and I feel so lucky to have attended a very special week long Yoga Retreat with Twilight Yoga Studio & Retreats, not only is Melisa a wonderful Yoga teacher, she was able to adapt each class for the wide variety of abilities in our group. Her organisational skills are exceptional and every day we were treated to something a little different, a relaxing massage, a beautiful meal or an adventure.

It was always exciting to see what was next. Melisa, you are a beautiful soul and this shines through on your wonderful retreats. We felt so welcome and relaxed the entire time and look forward to attending another one very soon.

Karla & Jenny

Join the *Twilight* community

GET IN TOUCH call +61 419 049 246

SEND US YOUR FEEDBACK twilightsogastudio@gmail.com

LOCATED AT the Cannery Arts Centre /music room, Norseman Road

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