



Take time away from home to explore the amazing South West Region of Yallingup

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



# A retreat like no other

## RELAX & UNWIND ON OUR WEEK LONG YALLINGUP RETREAT

### About

During the week long Retreat we find time for a daily yoga and meditation practise focusing on the 7 Chakras energy lines within the body, influencing our daily activities, the meals we eat and our yoga and meditation sessions.



### Yoga

The sessions cover yoga styles including Vinyasa Flow, YIN, Hatha Yoga, Chair Yoga, Guided Yoga Nidra Meditation and various Pranayama breath practises. Our welcome ceremony including our Sound Session will set the scene for our magical week together.

### Activities

We have spaced our activities out during the week long retreat so time is given to rest and relax. On the alternative days we will be exploring the amazing coastline, national park tracks and caves. A mountain bike expedition, coffee/tea tasting, wine tour and also a twilight horse back trail ride is included, with a few extra surprise activities.





## Accommodation

Premalaya is situated in the heart of Yallingup Western Australia. The apartments comprise of two bedrooms and two bathrooms and are fully self-contained with your own private balcony. Each apartment overlooks the gardens and communal relaxation area. The purpose built yoga studio is located on site overlooking the property with all equipment supplied.

[www.premalaya.com.au](http://www.premalaya.com.au)



## Food

Food will be a scrumptious combination of in house meals, Ayurvedic cooking and special meals off site. All meals included in the retreat cost.

## Rest and Relaxation

Rest and relaxation is a must during your stay and our art activities, time to journal, rest and daily walks will ensure you return home well rested and rejuvenated.



## 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 apartment?**

The accommodation is twin or triple share so ideal to book with friends. Max 3 guests per apartment.

### **Do I have to do the activities?**

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

### **What should I bring?**

A list of "what to bring" will be sent one month prior to the retreat.

### **Do I need to bring bedding or yoga equipment?**

All bedding and yoga equipment is provided. Feel free to bring your own pillow or yoga mat if you like.



# The team



## 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 on the 1st July 2017.

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

## 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. Landing a job as a cleaner/kitchen hand at the fabulous Aigas Field Centre, in the Highlands of Scotland.

The 90s brought along two 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 a "Need to Feed." The nineties saw me move to Esperance, with cooking taking a back seat 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!

I feel so incredibly lucky to combine 3 of my passions, healthy cooking, yoga and time away on retreats.

## Lia Jones



My creative side and making things started 15 years ago when my stepson insisted on having army print doona covers for his bedroom. Not being able to find them anywhere, I brought a sewing machine, material and thought how hard could this be?

That was the start of my home office and sometimes the rest of the house being inundated with different material, sequins, patterns, buttons, cotton, pins and lots of different foam shapes. When my daughter was little I loved spending my time making things like aprons, pillows, pencil cases for her and her friends. I also made several of her dance costumes from scratch (never again).

Now I love making my own soap at home. My next goal is to learn how to make shampoo bars; one of my key focuses along with my passion for craft is the challenge to eliminate my family's plastic waste. I still spend significant time hemming, altering, hand stitching, hot gluing, and adding hundreds of crystals to multiple troupe costumes for our dance school. I look forward to sharing and learning with you at the next retreat.

## Jayde Guest



My yoga journey began in 2014 when I was supporting a friend that started teaching yoga classes. I have never looked back and I often thank her for helping me to begin my yoga journey.

I started my career at 15 as a hairdresser and after years in the industry I decided to follow my passion for photography and started a small business. While being a stay at home mum to my two kids I studied graphic design and social media.

I began working with Twilight Yoga Studio in April 2020 as their social media marketer and photographer. I love working with her and really enjoy learning more about yoga and all the amazing benefits it has. The retreats are amazing and I find it so rewarding to be combining my love of photography and yoga that I don't even notice that I am working.



# Itinerary

Our itinerary is weather and seasonal dependant. Some minor changes may occur prior and during the retreat.

## FRI 9TH APRIL

Check in at Premalaya 2pm  
Welcome Ceremony & Yoga 3.30pm  
Sound Session 5pm  
Dinner 6.30pm @ Premalaya

## SAT 10th APRIL

Morning Yoga 7.00am  
Breakfast 8.30am  
Group Walk & Activities  
Lunch 12noon  
Free time 1-3pm  
YIN Yoga 3pm  
Cave Tour 5pm  
Ayurvedic Dinner @ Premalaya  
upon return

## SUN 11th APRIL

Morning Yoga 7.00am  
Beach walk  
Sunday Brunch 9am  
Art Activity  
Lunch 12noon @  
Free time 1-2pm  
YIN/YANG Yoga 2pm  
Sunday Session @ Divers Tavern  
Roast Dinner 7pm

## MON 12th APRIL

Morning Yoga 7.00am  
Breakfast 9.00am  
Free Time 9.30-11.30am  
Wine Tour & Lunch 12pm  
Meditation upon return  
Dinner @ 7pm

## TUE 13th APRIL

Morning Yoga 7.00am  
Breakfast 9am  
Coffee/Tea tasting  
Mountain Bike Session/Shopping  
time in Margaret River  
Free time  
YIN Yoga 3pm  
Cacao Ceremony 4.30pm  
Dinner Italian Night @ 7pm

## WED 14th APRIL

Morning Yoga 7.00am  
Breakfast 9am  
Free time 10am -12 noon  
Ayurvedic Lunch 12noon @ Premalaya  
Chair Yoga 2pm  
Sunset Horse Ride & Campfire Dinner

## THUR 15th APRIL

Morning Yoga 7.00am  
Breakfast 9am  
Coastal Hike & lunch  
Free time 2-4pm  
Guided Yoga Nidra Meditation 4pm  
Paella night 7pm

## FRI 16th APRIL

Morning Yoga 6.30am  
Breakfast 8am  
Check out 10am



## Cost

Included in our price is all meals, yoga, meditation, accommodation at Premalaya (in twin or triple share apartments) activities stationary and loads of extras. Alcoholic beverages are not included in the retreats price. \$2500 is payable in full or a payment plan. Chat with us today for more information.



## Date

Arrive  
Friday 2pm  
9th April 2021

Depart  
Friday 10am  
16th April 2021

## Testimonials

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 Payne



## Join the *Twilight* community

GET IN TOUCH call +61 419 049 246

SEND US YOUR FEEDBACK [twilightsyogastudio@gmail.com](mailto:twilightsyogastudio@gmail.com)

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

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