



WHITSUNDAY HEALTH & WELLNESS RETREATS

RETREAT INFORMATION PACKAGE

Yoga, Mindfulness Meditation and Personal Transformation
PepperBerry House, Cannonvalley

Retreat Location

The retreat will be held at
PepperBerry House
Whitsunday Acres
48 Pepperberry Lane
Cannon Valley
Queensland 4802.

Directions – From Shute Harbour Road, heading into Cannonvale

Take a right turn into Whitsunday Acres; Stanley Street and continue for 600 mtrs. Turn right into Pepperberry Lane and continue until the very end of the road. Car parking available

Arrival - Accommodation Package Guests

If you are staying onsite at the beautiful PepperBerry House, please advise me of your arrival time. Arrival times are after 2.00 pm on Friday. I will be there to meet you upon your arrival, before you are left to settle in to relax & enjoy the property as you please. During your stay breakfast, lunch and snacks are provided. Evening meals for Friday and Saturday can be brought along with you and stored in the kitchen or you may wish to go out for a meal at one of the many restaurants available in Airlie Beach. You will not require a large evening meal as there is plenty of food throughout the day.

Meals

Served daily will be breakfast, lunch and morning and afternoon tea.

Water and herbal tea will be available throughout the day

Unfortunately we do not cater for those who follow a chosen diet, such as Paleo or raw. In the instance that you suffer with an actual food allergy please advise a min of 1 week prior to your arrival

Facilities

A purpose built yoga platform will serve for the daily yoga practice. (weather permitting)

This space provides the ideal peaceful environment to connect to yourself and the surrounding nature. All other activities will be conducted either indoors or outdoors; depending on the weather conditions of the day. A swimming pool is available and maybe used during the lunch period to cool off. Please bring along your swim wear; if you think you may like a dip.



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What to bring

Ensure that you have comfortable clothing for yoga and mindfulness practices. Loose, light clothing is preferable

A check list of what is recommended to bring

- ◆ Clothes suitable for yoga classes
- ◆ Swimmers
- ◆ Sun hat
- ◆ Slip-on shoes
- ◆ Water bottle
- ◆ Your own preferred yoga mat (if you wish to)

What not to bring

- ◆ Cigarettes
- ◆ Unnecessary snacks
- ◆ Mobile devices, laptops and tablets

What to expect - Sample Retreat Schedule

This is a sample of a typical daily schedule for the retreat (this is an indication only and is subject to change)

7.00 am	Morning Gratitude
7.30 am	Breakfast
8.00 am	Yoga Practice
9.30 am	Morning tea
10.00 am	Mindfulness
11.30 am	Yoga Practice
1.00 pm	Lunch
2.00 pm	Finding Yourself / Personal Growth Session
4.00 pm	Afternoon Tea
4.30 pm	Meditation
5.00 pm	Conclude for the day

Cancellation and Postponement

All payments made by you, including deposits, are non-refundable. Changes to your booking will incur cancellation or postponement fees. Credit will be held on your behalf for you to use at a future retreat, within a period of 12 months from the date of the original booking.