



Health & Wellbeing Retreat

September 2nd - 6th 2016

Welcome to Venture North's very first **Health & Wellbeing Retreat** located at the Cobourg Coastal Camp in Garig Gunak Barlu National Park, Arnhem Land.

"The body talks and meditation helps"

All inclusive 5 Day / 4 Night Retreat

Scenic flight from Darwin to Cobourg (return), luxury transfers, permits, all meals, single / twin share accommodation, daily meditation & yoga (Hatha / Vinyasa Flow) classes, creative therapies - dance, art and more!

Learn how to tune into your body, observing thoughts and feelings with non-attachment. Learn breathing techniques to still the mind, purify and oxygenate the blood, while cultivating more energy, calmness and equanimity. Learn to let go and let flow...

Investment:
\$2590.00

(08) 8927 5500



Bookings
info@venturenorth.com.au
www.venturenorth.com.au

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About Your Guide



At the age of 21, Emma knew she didn't fit in to the '9-5', and so she began exploring her options to fulfil a more meaningful existence. Emma embarked on a journey that took her to the 'heart' of our country, and what was to unfold would be the beginning of her journey into understanding nature and the human soul.

Emma has worked professionally as a tour guide (and driver) across the Australian continent for many years.

Her passion is connecting her guests to their environment (nature), evoking the senses, and to tune in (soul), thus a road map to discovering our place in the world.

Emma offers insight from her personal, and professional life journeys. Guiding you in her own unique, authentic and compassionate way. She offers her skills and experience as a life coach, yoga teacher, consultant, networker, ambassador and creative therapist to awaken the bliss within.

What to Bring / Suggestions

Camera, torch, water bottle, pens / pencils, yoga mat, comfortable & light coloured clothing, reef sandals / joggers (for those of you who like to run / walk / explore), toiletries, books (although there are plenty to choose from at camp), creative materials such as; canvas / art books, paint etc. henna.. what ever creative realm you'd like to explore!

Notes

- Meals will be mostly vegetarian, with some fish / seafood to ensure optimum nutrition, and to fuel a healthy mind, body and soul
- We advise no smoking and drinking throughout the retreat to cleanse and purify the body
- We invite you to come with an open mind and open heart
- Willingness to commit wholeheartedly to this retreat for the benefit of all beings
- Due to the remoteness of this location, internet and phone service will not be available (disconnect to reconnect)

***"Life is hard... (hand on heart space, take a deep breath, tears of love and gratitude flow), but the journey is exquisite" –
Jai -Jagdeesh***



Itinerary		Inclusions
Day 1	<ul style="list-style-type: none"> • Flight from Darwin to Cobourg • Transfer from Cobourg Airport to Coastal Camp (time TBC) • Morning tea, introductions and camp tour • 12:30 pm to 1:30 pm – Lunch • 1:30 to 4:00 pm – Free time • 4:00 pm to 4:45pm – Welcome Ceremony • 5:00 pm to 6:30 pm – Sunset Yoga • 7:00 pm to 8:00 pm – Dinner • 8:15 pm to 9:00 pm – Meditation 	<ul style="list-style-type: none"> • Morning Tea, L, D • Transfers to Coastal Camp
Day 2	<ul style="list-style-type: none"> • 6:00 am – Tea / Coffee • 6:30 am 7:15 am – Meditation • 7:30 am to 8:30 am – Breakfast • 9:30 am to 12:30 pm – Yoga Asana Class and group discussion / one on one • 12:30 pm 1:30 pm – Lunch • 1:30 pm to 5:00 pm – Creative Therapies / Dance • 5:00 pm to 6:30 pm – Sunset Yoga • 7:00 pm to 8:00 pm – Dinner • 8:15 pm to 9:00 pm – Meditation 	<ul style="list-style-type: none"> • B, L, D & snacks
Day 3	<ul style="list-style-type: none"> • 6:00 am – Tea / Coffee • 6:30 am 7:15 am – Meditation • 7:30 am to 8:30 am – Breakfast • 9:30 am to 12:30 pm – Yoga Asana Class and group discussion / one on one • 12:30 pm 1:30 pm – Lunch • 1:30 pm to 5:00 pm – Creative Therapies / Dance • 5:00 pm to 6:30 pm – Sunset Yoga • 7:00 pm to 8:00 pm – Dinner • 8:15 pm to 9:00 pm – Meditation 	<ul style="list-style-type: none"> • B, L, D & snacks
Day 4	<ul style="list-style-type: none"> • 6:00 am – Tea / Coffee • 6:30 am 7:15 am – Meditation • 7:30 am to 8:30 am – Breakfast • 9:30 am to 12:30 pm – Yoga Asana Class and group discussion / one on one • 12:30 pm 1:30 pm – Lunch • 1:30 pm 5:00 pm – Creative Therapies / Dance • 5:00 pm to 6:30 pm – Sunset Yoga • 7:00 pm to 8:00 pm – Dinner • 8:15 pm to 9:00 pm – Meditation 	<ul style="list-style-type: none"> • B, L, D & snacks
Day 5	<ul style="list-style-type: none"> • 6:00 am – Tea / Coffee • 6:30 am 7:15 am – Meditation • 7:30 am to 8:30 am – Breakfast • 9:00 am to 11:00 pm – Yoga Asana Class / Closing Ceremony • 11:30 pm 12:30 pm – Lunch • 1:30 pm – Transfer to Cobourg Airport (Flight time TBC) 	<ul style="list-style-type: none"> • B, L & snacks • Transfers to Cobourg Airport