

YOGA & WELLBEING WORKSHOP

19th – 22nd February, 2012

Tamborine Mountain's finest rainforest retreat invites you to spoil yourself at our 2012 Yoga & Wellbeing Workshop.

The workshop offers a unique combination of yoga activity, nutritional lectures and guidance, meditation, pampering massage, rainforest walks, relaxation & superb cuisine. It offers more than just yoga - it is a journey of self discovery designed to provide balance to all aspects of your lifestyle.

Sunday Check in & Welcome Dinner, welcome circle and gentle yoga
Monday/ Yoga, Breakfast, Ayurveda Workshop / Pranayama
Tuesday Meditation Workshop, Lunch, Pilates, Dinner & Yoga
Wednesday Yoga, Breakfast, closing circle & Check Out

All meals are provided during the Yoga Retreat. The menu served will include a combination of fresh local vegetables, fruits, seafood, poultry and meats. Your package also includes luxury accommodation in a Rainforest Tree House, all meals, seminars, yoga workshops, personal assessment & nutritional cooking session.

You will be guided through yoga and Pilates by 3 qualified, passionate and experienced instructors, Amy, Marissa and Rebecca.

Book Now: \$1100 Per Person (Twin Share - Couple)
\$1500 Single

Phone
0755 454 577


PETHERS
RAINFOREST RETREAT

Email: retreat@pethers.com.au - Web: www.pethers.com.au





About Pethers Rainforest Retreat

High in the trees, amongst the birds, secluded from the outside world and in a pristine rainforest is the magical Pethers Rainforest Retreat.

Pethers is a luxurious boutique retreat - a sanctuary with just ten secluded, private and luxurious Tree Houses – all offering a magnificent sub-tropical rainforest vista.

Each Tree House offers a private spa for two, fireplace, king sized bed, lounge and dining area including entertainment system, with five metre high glass sliding windows that lead to an outdoor balcony overlooking spectacular surrounds.

Pethers Main Lodge features a massive open sided and elevated fire place, a towering seven metre curved roof and glass windows which overlook untouched, ancient rainforest. The Main Lodge also features Pethers Rainforest Restaurant which creates an array of exquisite tastes and outstanding cuisine.

Pethers is the perfect location for adults to relax and unwind and enjoy a range of pampering massages and spa treatments. It also provides an opportunity for guests to discover the natural beauty and attractions of Mount Tamborine.

Pethers Rainforest Retreat is located at North Tamborine and is within 75 minutes of Brisbane CBD and just 50 minutes to Southport on the Gold Coast.

For reservations contact Pethers:

P: 0755 454 577

E: retreat@pethers.com.au

W: www.pethers.com.au

28b Geissmann St

North Tamborine, Queensland, 4272




P E T H E R S
RAINFOREST RETREAT

Yoga & Wellbeing Workshop
19th – 22nd February 2012

Program

Monday

Dynamic Yoga
6.00am – 7.00am

Breakfast
7.30am – 8.30am

Ayurveda
For your
Dosha workshop
9.30 - 11.30am

Lunch
12.30 – 1.30pm

Free Time / Massage
1.30pm – 4.00pm

Pilates
4.00pm – 5.30pm

Dinner
6.00pm – 7.00pm

Yoga Trivia
7.30pm – 8.30pm

Tuesday

Dynamic Yoga
6.00am – 7.00am

Breakfast
7.30am – 8.30am

Pranayama
Meditation Workshop
9.30am – 11.30am

Lunch
12.30pm – 1.30pm

Ayurveda Sattvic
Cooking Workshop
2.00pm – 4.00pm

Free Time / Massage
4.00pm – 6.00pm

Dinner
6.00pm – 7.00pm

Restorative Yoga
7.30pm – 8.30pm

Wednesday

Yoga
6.00am – 7.00am

Breakfast
7.30am – 8.30am

Closing Circle
9.30am – 10.30am

Checkout
11.00am

Sunday

Guest Arrival

Dinner
6.00pm – 7.00pm

Welcome Circle
And
Gentle Yoga
7.30pm – 9.30pm