



We all need a
little re-treating



Autumn
Wellness
Retreat



Heartspace
Retreat
Yass
April 28 - 30



Autumn Wellness Retreat

Autumn is a time to leave the playfulness of summer, to turn inward and fine tune the attention you give to your breathing. This Art of Breathing Retreat will help you embody the foundations of better breathing for a balanced mental and emotional state of being. As we ride through difficult times together, how you breathe is influenced by your relationship with your Self. Join [Kendra Boone](#), a Senior yoga facilitator and yoga therapist, and Ruth Hudson, for a deeper dive into building new yoga skills for life.

Inclusions

- 2 nights accommodation at the gorgeous [Heartspace Retreat](#), commencing Friday April 28th at 4pm to Sunday April 30th at 2pm
- 2 optional trauma sensitive yoga classes per day, catered to all levels, including daily iRest Yoga Nidra
- workshops on the Art of Breathing from traditional yoga perspectives focused on mental and emotional balance

- [Biodanza session with Kate Clement](#)
- neti party (traditional water nasal cleansing)
- opportunity to practice Mouna – a period of time where you are in quiet non-speaking (after dinner to breakfast) bookended by guided meditations. Please let Kendra know if you decide to practice Mouna so accommodation can be planned.
- all meals - delicious in house organic, gluten free, vegetarian breakfast, lunch, dinner, morning & afternoon tea catered by Angie Cowen
- mindfulness walk
- welcome pack
- cooking demo with [Angie Cowan](#)
- loads of free time to do what feels good for you.

Heartspace accommodation

Heartspace Retreat is situated on 14 beautiful country acres. The majority of the accommodation as well as the dining room is situated in a gorgeous blue mud brick homestead. New accommodation includes delightful triple share cabins with share bathrooms and separate toilets. All offering King single beds with organic bamboo linen and towelling. There are chickens and alpacas and Heartspace is committed to sharing the love of living in harmony with nature.

There is a short strip of dirt road to get to the property, which is maintained by council, aside from that, the roads are all sealed. Only a 50 minutes' drive from Canberra.

Investment

Per person - twin or triple share \$795 early-bird by March 28th and \$850 full price.

Payment Plan available – 3 payments of \$265, first being deposit.

Book early as numbers are strictly limited to 20

Full payment is due by: April 1 2023

Bookings please email Kendra: restore@kendrahealingarts.com | t: 0417423804

Payment Transfer Direct Debit – Kendra Boone

new account from 2023 BSB 313 140 Act no. 124 280 98

Please email confirmation of payment: restore@kendrahealingarts.com

To Book

Fill out [application form here](#) and pay your deposit to secure your place.



COVID Policy

Your health and safety is my top priority and a COVID safety plan is in place which includes:

If feeling unwell a few days prior to the retreat, please recover at home. Anyone who displays any COVID-19 symptoms will be respectfully asked to test and leave. Stay away from the retreat until feeling better.

Hand sanitiser will be made available.

Sharing of equipment – any props that are made available for use will be cleaned between users.

Please bring along a cover for your bolster (a sarong or small towel)

I will monitor and adjust this COVID safety plan in line with current health advice.

Cancellation Policy

Sometimes things don't go to plan and in the current climate I will be as flexible as we can.

Cancellations by you -

A full refund (minus 10% admin fee) will be offered for cancellations 4 or more weeks prior to the event.

A 50% refund for cancellations made two weeks prior to the event.

Disruption due to COVID restrictions;

In the event the retreat is disrupted by COVID restrictions you will receive a full refund.

Program MENU (this is flexible menu due to weather and facilitator changes)

SCHEDULE – you are free to choose what rhythms suit you!

Friday

4pm - Arrival from 4pm

6pm - Dinner

7.15pm - Welcome Circle

7.30 - Restorative Yoga and Massage, iRest Yoga Nidra with Kendra

Saturday

7.30am – Trauma Sensitive Yoga with Kendra – ‘Finding Your Embodied’ Breath Pattern

9am - Breakfast

10.30 – Welcome to Country with Aunty Glenda

12pm - Lunch 3pm - Afternoon tea

4pm – Neti Party (nasal cleansing), then iRest Yoga Nidra

6pm - Dinner

7.30pm – [Biodanza with Kate Clement](#)

Sunday

7.30 am – ‘Breathing for Mental’ Balance workshop with Kendra and Ruth

9am - Breakfast

10.30am - Mindful Cooking Workshop with Angie or ‘Walk and Breathe’ mindful walk

11.30 - Heartspace Shop open

12.30 - Lunch

1.30pm - Closing Circle

2pm - Departure



Meet your
facilitators



We are all yoga
professionals



Angie
Kendra
Ruth



Answers to some questions you may have ...

Do I have to join in all the activities?

No, everything is invitational and optional. For example, you may skip the morning Yoga and go for a simple walk or even sleep in with a book and turn up for breakfast. This is your retreat, and you are free to create your own rhythms.

I get up during the night to pee and am afraid to wake the others up. Can I have my own room?

The retreat accommodation offers twin and triple share rooms with separate toilets. It is a normal activity to get woken up during the night by another person on retreat.

If you request your own room the fee will double to \$1500

Can I pay a deposit now and pay the rest later?

Yes, you need to secure your place with a deposit of \$265 as a first instalment then plan to pay the next 2 over the next two months. Or you can pay the full amount of \$795 early bird before March 28th.

Do you offer car-pooling to the retreat?

Yes, a group chat on What's App will be available to arrange a lift across from Canberra for you and maybe even Sydney. Simply ask.

I am on a special eating plan; can I request some eating preferences?

Absolutely. Angie Cowan is a Gluten free chef and can accommodate your requests where possible. Please give me plenty of notice prior to the retreat.

