



Rest and  
resilience



Remarkable Rest  
Retreat



Heartspace  
Retreat  
Yass  
July 26 - 28



## Remarkable Rest Retreat

Winter is our natural time to slow down and rest, so we are creating a weekend of uninterrupted nurturing rest for you. Join this wellbeing event by [Kendra Boone](#), a Senior yoga facilitator and yoga therapist for a weekend journey of wholistic nourishment.

Please complete [this retreat application form](#).

### Inclusions

- 2 nights accommodation at the gorgeous [Heartspace Retreat](#), commencing Friday 26<sup>th</sup> July at 4pm to 2pm Sunday July 28<sup>th</sup>.
- 2 optional trauma sensitive yoga classes per day, catered to all levels, including daily iRest Yoga Nidra and Padabhyanga ayurvedic foot massage workshop.
- [Biodanza](#) with Kate Clement

- An opportunity to practice Mouna – a period of time where you are in quiet non-speaking (after dinner to breakfast) bookended by guided meditations.
- all meals - delicious in house organic, gluten free, vegetarian breakfast, lunch, dinner, morning & afternoon tea catered by Angie Cowen
- mindfulness walk
- Welcome gift
- cooking demo and surprise workshop
- loads of free time to rest and 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

### **\$290 early bird deposit before Feb 1 2024.**

Per person twin or triple share \$870 early-bird and \$970 full price. Early-bird price ends on Feb 1. Payment Plan available - 3 payments of \$290.

Private room \$1200.

Book early as numbers are limited to 17.

Full payment is due by: May 26.

Payment Transfer Direct Debit – Kendra Boone BSB 313 140 Act no. 124 280 98

Please email confirmation of payment: [restore@kendrahealingarts.com](mailto:restore@kendrahealingarts.com)

## 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 get tested and recover at home.

Anyone who displays any COVID-19 symptoms will be respectfully asked to test and leave.

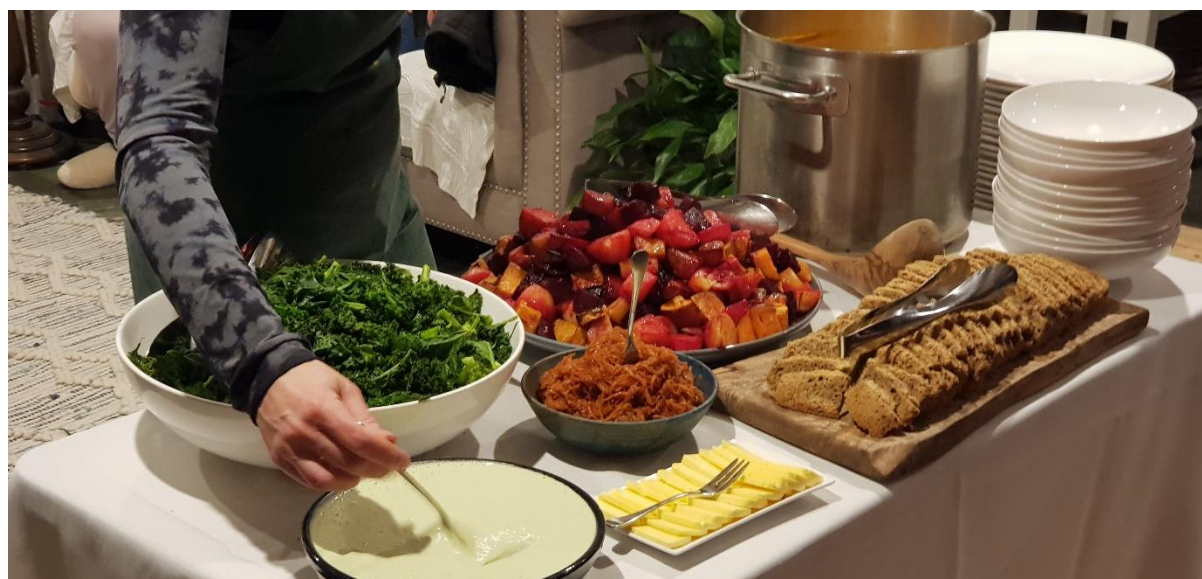
Stay away from the retreat until feeling better.

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.



Sometimes things don't go to plan and in the current climate we will be as flexible as we can, therefore for interstate retreats, travel insurance is compulsory and should be supplied within one week of booking.

Cancellations by you;

**Winter Heartspace Retreats** - full refund if you cancel 2 months prior with an admin fee of \$200.

If cancelling within 2 months prior, no refund will be given unless a replacement can be found to take your place.

Disruption due to unforeseen circumstances - In the event the retreat is disrupted by unforeseen circumstances, you will receive a full refund, minus 10% admin fee.

Fees paid can be transferable to family and friends but not transferable to other course of offerings.

## **Program MENU**

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 iRest Yoga Nidra with Kendra

**MOUNA ON – silence until after breakfast**

Saturday

7.30am – Trauma Sensitive Yoga with Kendra

9am - Breakfast

**MOUNA OFF – silence is lifted**

10.30 - Foot Reflexology for Prana Vayu workshop

12pm - Lunch

2.00pm – Biodanza with Kate Clement

Space to rest

6.30 - Dinner

Sunday

7.30 am – Trauma Sensitive Yoga with Kendra

9am - Breakfast 10.30am - Mindful Cooking Workshop with Angie

11am - Heartspace Shop open

12.30 - Lunch 1.30pm – Rest reflection Closing Circle

2pm - Departure





### **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, but with consideration, we can empathize and go back to sleep. I suggest bringing a set of earplugs as a helpful option.

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

Yes, you need to secure your place with a deposit of \$290 as a first instalment then plan to pay the full amount before May 26. Or you can pay the full amount of \$870 early bird before Feb 1.

### **Do you offer car-pooling to the retreat?**

Yes, I can arrange a lift across from Canberra for you and maybe even Sydney. Simply ask on the What's App group chat.

### **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.

