



OCTOBER
20 - 25
2024



Lady Elliot
Retreat
Great Barrier
Reef



LADY ELLIOT ISLAND

A Spring Wellness Retreat

This 5-day retreat invites you to explore the natural beauty and fragile ecosystem of a coral cay and its inhabitants, including the birds and the marine creatures, which live on or visit the island and its surrounding reef.

Indulge in pausing, breathing, and moving in synchronicity with island life, connecting with endless moments of awe and surprise.

Your retreat facilitator [Kendra Boone](#) will be guiding you through daily mindful yoga practices that will support your new island rhythms.

Inclusions

- Return airfare Hervey Bay - Lady Elliot Island
- 5 nights twin share - Eco Cabin, Garden Suite, or Reef Unit accommodation
- Optional daily yoga classes catering to all abilities
- Buffet breakfast and dinner, including gluten free options

- Snorkelling equipment – mask, snorkel and fins & lesson if required.
- Glass bottom boat tour
- Snorkelling safari
- Island tours - Reef walking, fish feeding
- Welcome pack
- Loads of free time to do what feels good for you.

Not Included

- Airfare to Hervey Bay
- Lunch available from the Beach Front Café and the operating hours are 11:30am till 2:30pm daily. Expect to pay approximately \$10-\$25 or hot/Cold Buffet lunch can be purchased on Island.
- Other island activities
- Drinks from the bar
- Wetsuit hire \$20 wetsuit hire (long) per day, \$14 wetsuit hire (short) per day
- Personal insurance
- GST

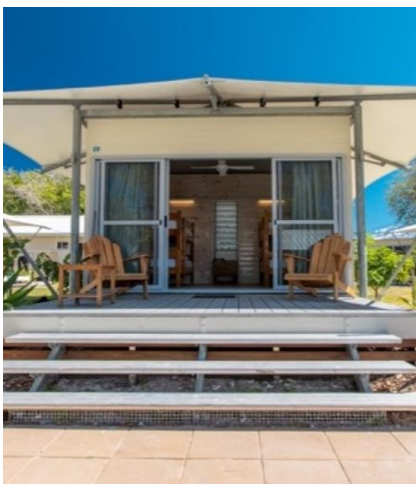
Lady Elliot accommodation

Eco Cabins

Eco cabin
twin share
\$2671 inc GST

Situated within 20 to 30 meters walk from the Lagoon, our newly upgraded Eco Cabins have solid walls, louvres for maximum air flow, a large front glass sliding door and **shared bathroom facilities.**

Lighting and power points are available in every cabin as well as a ceiling fan. The deck is furnished with two chairs for added relaxation.



Garden Units

Twin share
Garden Unit
\$3151 inc GST

Situated within 20 to 30 meters walk from the Lagoon, the Garden Units are arranged in blocks of three, offering either a queen bed or a combination of a queen and bunk-style beds.

Each unit features polished timber floors, **ensuite bathrooms** and a balcony set amongst the resort gardens to make the most of the resort views. The units are fan cooled and have a mini fridge and tea and coffee making facilities.



Reef Unit

Reef Units
\$3317 inc GST

Located approximately 10 meters from the beautiful coral cay Lagoon, the Reef Units are the closest resort rooms to the Beachfront Dining Room. Arranged in blocks of three, offering either a queen bed or a combination of a queen and bunk-style beds. Each unit features polished timber floors, **ensuite bathrooms** and a balcony to make the most of the island surrounds. The units are fan cooled and have a mini fridge and tea and coffee making facilities.



To book your place

1. Please fill in the [RETREAT APPLICATION FORM](#)
2. Pay your deposit

A non-refundable \$500 deposit will secure your place along with proof of personal insurance.

Book early as numbers are strictly limited to 10
Full payment is due one month after deposit.

Payment Transfer Direct Debit – Kendra Boone BSB 313 140 Act no. 124 280 98
Please email confirmation of payment: restore@kendrahealingarts.com

Cancellation and Refund Policy

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

BINDING AGREEMENT: Please read the following Booking Terms and Conditions provided. By paying monies to Kendra Healing Arts for any travel arrangements you are accepting that you understand and agree with all terms and conditions below. You **MUST NOT** accept any booking without wholly agreeing with the terms and conditions below.

Private Insurance

Travel insurance is compulsory and should be supplied soon after booking. You should ensure that such insurance will protect you against medical expenses arising from sickness or injury during your travel/snorkelling activity, and for non-refundable cancellations. [FIND AN INSURER HERE](#)

Deposits and payments

A deposit of \$500 pp will secure your booking. **Please note deposit payments are NONREFUNDABLE.** If payment has not been made by the specific date which Kendra Healing Arts will advise you, your bookings may be cancelled.

Payments may be made by direct deposit or cash to;

Account Name: Kendra Boone BSB: 313 140

Account Number: 124 280 98

Reference: Please use your name as reference

Full payment must be made within 3 months of paying your deposit otherwise your place will be offered to the next person on the waitlist. Requests for payment plans will be considered.

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

Cancellations by you

If cancellation by you occurs no refund will be given unless a replacement participant can be found to take your place. In the case of a replacement participant being found, an admin fee of \$250 will be charged. Please ensure your travel insurance covers late cancellations.

Cancellations by Kendra Healing Arts

In the event the retreat is cancelled by KHA, your accommodation booking will still be honoured, and a refund issued to cover any additional costs. You will then travel to the venue without a retreat leader.

Disruption due to Government COVID restrictions –

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

Checking travel arrangements

We have exercised care in putting together the arrangements requested by you in regard to your travel and accommodation. It is important that you check all of the documentation handed to you in relation to your proposed travel and accommodation to ensure that it fully meets with your requirements and to ensure that there have been no misunderstandings.

1. We strongly recommend that you contact your airline prior to any travel to ensure that the scheduled departure time has not changed.
2. We strongly recommend that you familiarise yourself with current travel advisories/information from smartraveller.gov.au before you travel.
3. Payment of any excess baggage charges is the traveller's sole responsibility.

4. Carry-on baggage is subject to security rules on the carriage of various items. It is your responsibility to check with the relevant authorities.

Wait list deposit

To be on the waitlist, a \$50 deposit will be requested and refunded to you if you are not offered a place if someone cancels. Retreat places may be offered 24 hours prior to the retreat start, and you will need to be ready to book a last-minute flight at short notice. The \$50 is not refunded if you are offered a place and do not take the place offered.

COVID Policy

Your health and safety are 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 isolate. Stay away from the group activities until feeling better.

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



Arrivals and departures

Saturday 19 October 2024 Kendra will be arriving on Lady Elliot the day before the retreat starts.

Sunday 20 October 2024 Retreat group arrival

Friday 25 October 2024 Departure Date

FLIGHTS:

Please make your own travel arrangements to connect with your Hervey Bay flight. Share you plans with Kendra.

Hervey Bay – Lady Elliot: Depart 10.30am or 1.00pm TBC

Lady Elliot – Hervey Bay: Depart 9.30am

Due to limited aircraft capacity groups may travel on different aircraft and at different times.

Flight Check in 45 minutes prior to departure.

Flights are subject to change and may include transit stops.

Please reconfirm your flights the day prior to departure on 1800 072 200 – this is essential.

Please advise if you will be travelling on any connecting flights, buses or trains. In addition, please advise if you are arriving separately to the bulk of the group.

If you are planning on parking at Hervey Bay or Bundaberg Airport, please check the airport websites for parking fees, which are payable on departure.

LUGGAGE: Maximum 15kg per person including children and infants. H 70cm

Due to the limited capacity of the aircraft baggage compartments, W 40cm

No individual item to exceed 15kg or 70cm x 40cm x 30cm. D 30cm

Items larger than the above are unable to be carried, particularly hard cased luggage.

Soft bags are preferred.

Storage is available at our Gold Coast, Hervey Bay and Bundaberg offices. This is not available at Redcliffe.

CABIN BAGGAGE:

In addition to the 15kg checked luggage allowance, small personal items totalling up to a maximum of 2kg are able to be carried on board. These items must be able to be stowed underneath your seat for take-off, landing and any other time as directed by your flight crew. There are no overhead lockers. These items may include: handbag/purse, laptop or tablet in a thin case, camera, coat/jacket.

PASSENGER MOBILITY AND WEIGHT:

As access to Lady Elliot Island is via small aircraft only, it is important to us to be aware in advance of any passengers requiring assistance with mobility, travelling with a wheelchair or walking aid. Additionally, as we use standard passenger weights for all guests on our flights, if anyone in your booking weighs over 100kg please inform us of their actual weight so that we can ensure safe loading of our aircraft.

Additional

All linen, pillows and towels are supplied.

Lady Elliot is environmentally conscious and seeks to minimise power, water and fuel usage. We ask you to consider towel usage and hang your towels out to dry daily.

Purchases on Island can be paid for by cash, EFTPOS or most major credit cards.

The Environmental Management Charge is collected on behalf of the federal government and is included in the cost.

What to bring:

Sunscreen, Hat, Casual clothes, Jewellery, Casual walking shoes, Reef shoes, Water bottle, Warm jacket for wind, Torch. Please bring a light yoga mat.

What not to bring:

Jewellery



Overnights Guests – We recommend that you bring your own shoes. Reef shoes are available from most major camping/outdoor recreation stores. There is a small supply of reef shoes for sale in the Island Gift Shop

CAKES:

Birthday or special occasion cakes are available on request. Please contact reservations for the cost and if you wish to order a cake.

TIDES:

Please use the following link for the tidal movements at Lady Elliot Island.

Weather/Tides - Lady Elliot Island Eco Resort Great Barrier Reef

LOCKER HIRE:

Lockers can be hired for both Day and Overnight Guests at no charge.

MOBILE PHONES:

There is no mobile phone reception at Lady Elliot Island. A public phone is available and phone cards can be purchased from Reception.

INTERNET ACCESS:

Guests wi-fi is available on compatible devices. Wi-fi hotspots include the departure lounge and on the western deck next to the restaurant. There is no wi-fi access in guest rooms.

IMPORTANT INFORMATION:

Snorkelling and Diving Snorkelling and Scuba diving are physically strenuous activities and expose your body to increased stresses and pressures. When performed using correct techniques and practices, snorkelling and diving are considered very safe. If you are planning to snorkel or dive during your stay on Lady Elliot Island you will be required to complete registration forms for each activity on the island. A section on these registration forms refers to medical history. Certain medical conditions and prescription medication may prohibit an individual from snorkelling or diving on the island. If you suffer from any medical condition which might affect your ability to snorkel or dive, please visit a Medical Doctor (a Dive Medical doctor if you are planning to dive) and obtain a medical certificate/clearance to participate in either activity before coming to the island. If you are at all unsure, please ask one of our friendly team and they will assist you. Please refer to the Lady Elliot Island Eco Resort website for further information about snorkelling or diving or ask our Watersports team [directly by clicking here.](#)

Medical

Lady Elliot Island is a remote location, 80km from the Queensland coast. There is limited air access and Lady Elliot Management hold no liability for any flights and/or state of emergency transportation services in relation to accidents or illness whilst on Lady Elliot

Island. We strongly recommend travel insurance to cover any unforeseen circumstances. Qualified Senior First Aid Officers are on Island for any first aid issues. We also have a well-equipped First Aid room which houses oxygen, a defibrillator, a Royal Flying Doctor Service (RFDS) emergency medical kit and other standard first aid equipment.

If you are taking medication or have any condition (including food allergies) that require medication to alleviate the effects of that condition, please ensure that you have a sufficient supply with you for your safety on Lady Elliot Island as the Resort cannot source prescription medication. If you require medical attention or need to see a doctor, this will be at your cost.

In the event of a severe medical situation, we have access to emergency services through the Royal Flying Doctors for direct support and assessment for evacuations should that be required.

Evacuation In the event of severe weather, decisions relating to evacuation will be made by the Managing Director and Resort Manager in consultation with the Disaster Coordination Centre in Gladstone. Decisions will be made with sufficient time to perform a successful evacuation of all guests to Hervey Bay or Bundaberg.

Drones

The use of drones on Lady Elliot Island is not permitted without the consent of an authorised representative of Lady Elliot Island Eco Resort Pty Ltd. Some drone batteries are classified as dangerous goods and therefore cannot travel on a small aircraft and others require dangerous goods acceptance, packaging, and paperwork prior to travel on the aircraft. Please contact Lady Elliot Island Reservations for an 'Application to Fly a Drone on Lady Elliot' form to be completed 7 days prior to travel.











Dietary

If you have any special dietary requirements, including food allergies, please inform Kendra at the time of booking. Be aware it may take several days to arrange for goods to be sourced and flown to the island. To assist us with your dietary requirements, you should include a list of foods you are unable to eat. Please be advised that any costs incurred by the Resort in meeting such requests may be charged to you. This includes purchase/hiring and supplying and transporting of requested items and meals supplied outside of the normal tariff.

Special Needs Please advise Lady Elliot Island Reservations at the time of booking of any special needs for guests with disabilities.

RESTRICTED ITEMS FOR TAKE-OFF AND ON LADY ELLIOT ISLAND:

For safety reasons, certain items may need prior approval before being transported or used on the island. Other items are prohibited from being flown in the aircraft or used on the island. Please see Below:

	Drones <i>Need prior written approval before travelling due to Lady Elliot Island airstrip/aircraft operations. Batteries require dangerous goods acceptance and packaging approval before flights.</i>	REQUIRES APPROVAL GENERAL AND FLIGHT RISK
	Corrosives <i>e.g., Wet cell, Lithium and Lipo batteries, acids & alkaline substances.</i>	PROHIBITED GENERAL AND FLIGHT RISK
	Compressed Gases <i>e.g., Poisonous & flammable gases such as butane, refrigerants</i>	PROHIBITED GENERAL AND FLIGHT RISK
	Flammable Liquids or Solids <i>e.g., paints, lighter or heating fluid, matches, articles easily ignited</i>	PROHIBITED FLIGHT RISK
	Poisons or Toxic Substances <i>e.g. insecticides, weed killers</i>	PROHIBITED GENERAL AND FLIGHT RISK
	Explosives, Fireworks or Flares	PROHIBITED GENERAL AND FLIGHT RISK
	Weapons <i>e.g. firearms, knives, blades, sharp items</i>	PROHIBITED GENERAL AND FLIGHT RISK
	Diver Propulsion Vehicle (DPV) <i>In-water risk to user and other snorkelers/divers. Batteries requiring Dangerous Goods Acceptance and Packaging before flights.</i>	PROHIBITED GENERAL AND FLIGHT RISK
	Full Face Snorkelling Masks <i>In-water risk to user. Not permitted on Lady Elliot Island guided activities. Requires discussion with Lady Elliot Island staff prior to use.</i>	REQUIRES APPROVAL GENERAL RISK
	SNUBAH / Hookah Dive Systems <i>In-water risk to user. Batteries requiring Dangerous Goods Acceptance and Packaging before flights.</i>	PROHIBITED GENERAL AND FLIGHT RISK

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.

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

Yes, you need to secure your place with a deposit of \$500 and proof of private insurance as a first instalment then within 3 months later, plan to pay the remaining full amount. All payments need to be received by August 1. Payment plans are available upon request.

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

Absolutely. Simply complete the retreat application form stating your requirements and Kendra will do her best to liaise with Lady Elliot staff. There are vegetarian and gluten free meals options at the buffet breakfast and dinner.

