

# OceanSpace Yoga Retreat

## Lady Elliot Island Eco Resort

*Home of the Manta Ray*

11 – 16 November 2019

With **Kate Pell** - Senior Yoga Teacher  
and **Dr Scarla Weeks** - Ocean Scientist

*Lady Elliot Island is a coral cay at the southern tip of the Great Barrier Reef. Situated within a highly protected 'Green Zone', the island is a sanctuary for over 1,200 species of marine life and is known for its abundance of manta rays, turtles, amazing array of marine life and unspoilt coral reef.*



Come and be soothed by the island's rhythms and abundant wildlife as Kate guides you through **daily sunrise meditation/pranayama, and daily asana practice**. Unravel physical, mental and emotional tension. All levels of yoga practice are welcome.

Scarla will present **daily talks on the inter-connectedness** of the moon, ocean and yogic energies – to understand our deep connection to the dynamics of our home planet. This retreat will coincide with the full moon & turtle nesting season, and allow plenty of time for snorkeling or diving.



**Inclusions:** Return scenic flight from Hervey Bay, beachfront accommodation, buffet breakfast & dinner, daily yoga sessions & ocean talks, snorkel equipment & lessons, guided reef & nature walks, glass bottom boat and snorkel tour.

**Cost:** \$2,195 twinshare.

### **Bookings:**

Kate Pell: email: [kate@bowralyogastudio.com.au](mailto:kate@bowralyogastudio.com.au); mobile: 0432 598 582

Scarla Weeks: email: [scarla@iinet.net.au](mailto:scarla@iinet.net.au); mobile: 0488 240 012

\$500 deposit to secure a place to account: Bowral Yoga Studio, BSB 032-716, Acc: 362636 Ref: your NAME