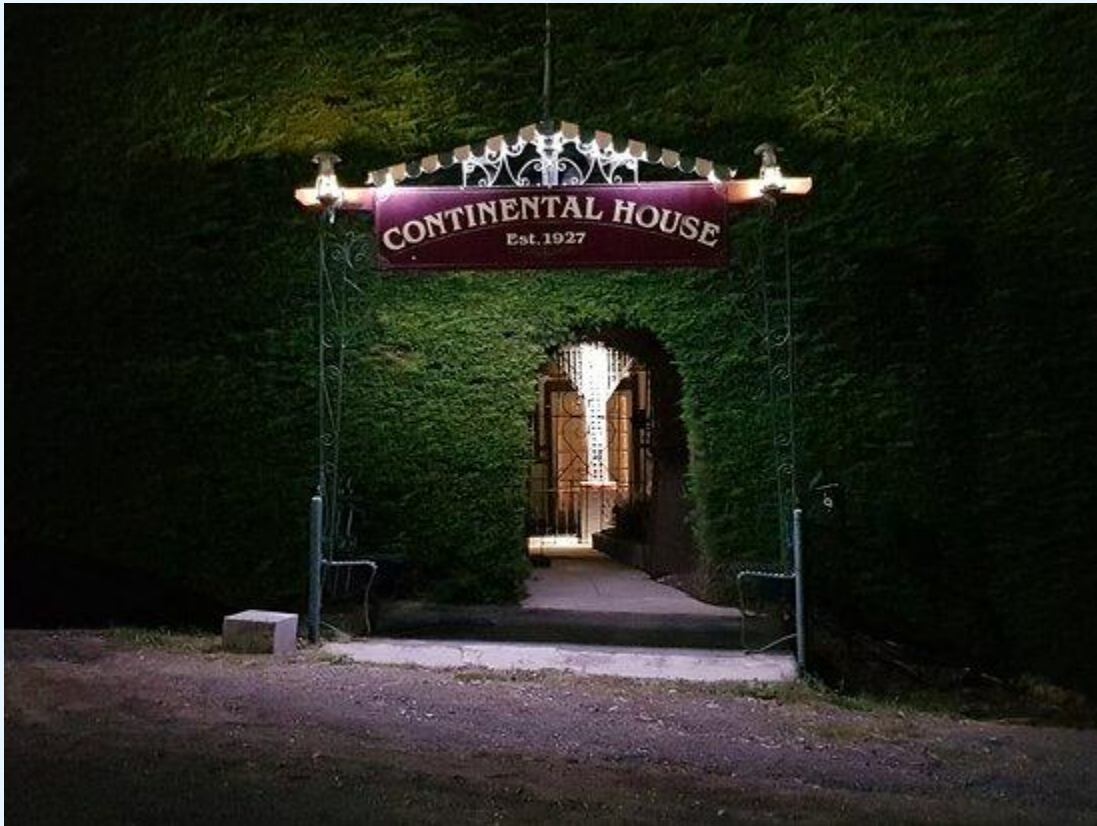


Natalie Murphy Yoga

Hepburn Springs Retreat, 27-29th NOV



VENUE:

The retreat will take place in a historic property located in the stunning Central Highlands of Victoria, in Hepburn Springs. The retreat center, Continental House, has been fully renovated this year and is stylish and comfortable.

At Continental House we will have full access to the building and surrounding grounds, making it the perfect retreat venue. There are large communal spaces and beautiful gardens to enjoy.

Hepburn Springs Retreat, 27- 29th NOV

TRAVEL:

Travel to and from the venue is the responsibility of the participants. Hepburn Springs is approximately 1.5 hrs from Melbourne.

DATE:

Arrive [Friday Nov 27th @ 3pm](#) and depart [Sunday Nov 29th @ 1pm](#)

ACCOMMODATION:

Participants will have their own room with a private ensuite.

There are various bedding arrangements possible within the house. The majority of beds are queen size.

All linen and towels are provided.

Each room has hydronic heating.

FOOD:

On Friday night we'll enjoy a fully catered vegetarian dinner together. Please let us know about any dietary restrictions you may have.

There is a fully functioning kitchen at the venue. Participants are welcome to bring their own food for other meals.

Complimentary coffee and tea is available all weekend.

Hepburn Springs Retreat, 27-29 NOV

There are many fabulous cafes and restaurants close by where we can enjoy lunch and dinner..

Let's get together before the event to discuss food. We may be able to keep costs down by organizing some pot luck meals.

YOGA:

Continental House has a dedicated yoga room with mats, bolsters, blocks and blankets for our use. If you regularly use other props, bring them along. NYM will supply belts and chairs.

There are 5 yoga sessions over the weekend. This retreat gives the chance to fully immerse in the practice, build your yoga fitness and find some momentum to support your intention to practice more.

During the course of the weekend there will be a balance between activity, rest and relaxation so that you'll come away refreshed, inspired and invigorated.

COST:

\$850 - Accommodation, tuition, Friday night Welcome Dinner and unlimited refreshments ALL INCLUSIVE

DEPOSIT of \$250 due by Monday August 31st

BALANCE of \$600 due by Friday October 30th

Payment to be made into account

NAME: Natalie Murphy

ACCT No: 260092682

BSB:704191

Use your initials and Retreat as the reference

Hepburn Springs Retreat, 27-29 NOV

CANCELLATIONS and REFUNDS:

Cancellations made before October 30th will incur a fee, equal to the deposit.
Cancellations made after October 30th will not qualify for a refund.

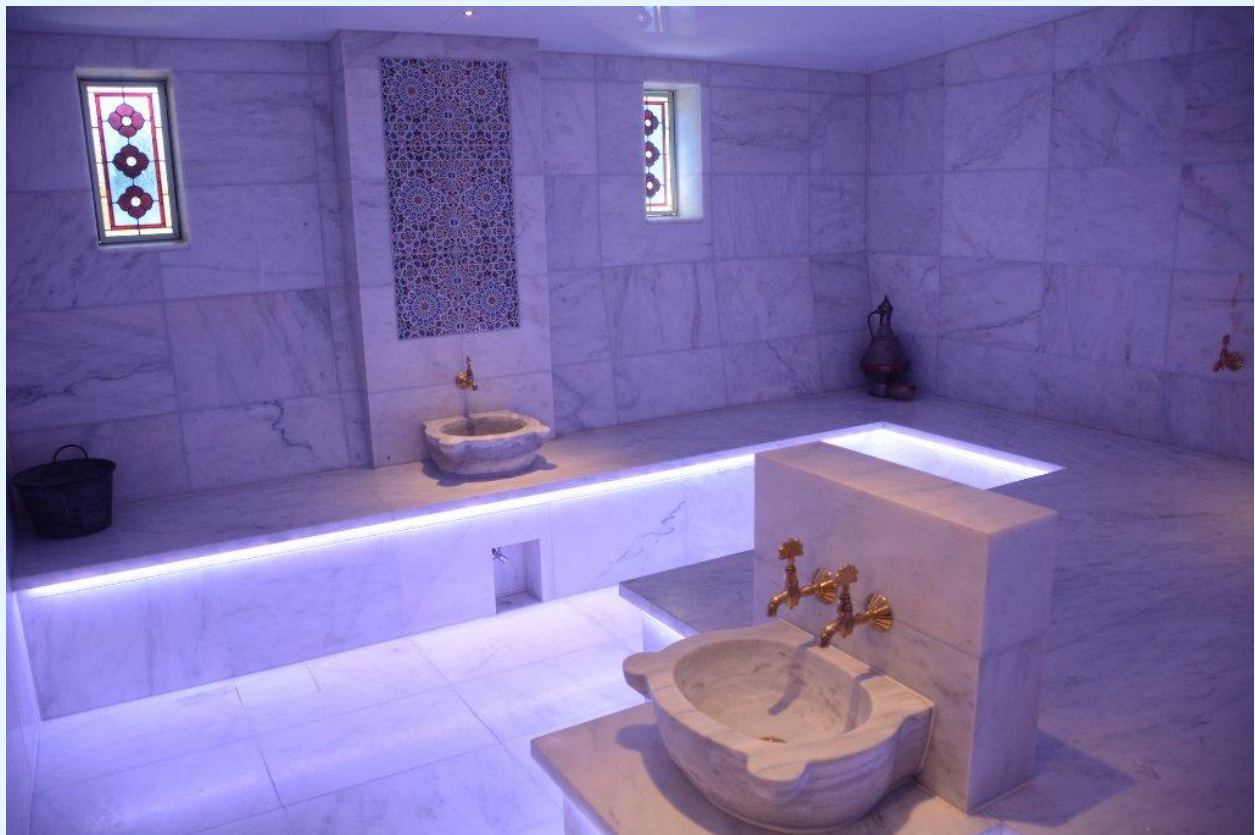
Hepburn Springs Retreat, 27-29 NOV

SPECIAL INCLUSIONS:

Continental House is in Melbourne's premium spa region. There are many wonderful spas in the surrounding area. On site they offer an in house spa, Turkish hamman and massage. Bookings must be made 2 weeks in advance for these services. Such delightful offerings are sure to elevate the weekend to another level. Check out the [Conti Spa menu](#) for the services available.

On Saturday between yoga sessions there is ample time to fit this in.

Once bookings are finalised we can get together to organise spa and massage arrangements with our hosts.



RETREAT SCHEDULE

FRIDAY	SATURDAY	SUNDAY
15:00 ARRIVE	08:00 YOGA 10:00	07:00 PRANAYAMA 08:00
16:00 YOGA 18:00	10:00 FREE TIME 16:00	09:30 YOGA 11:30
18:30 WELCOME DINNER	16:00 YOGA 18:00	11:30 CLOSING CIRCLE 12:00
		13:00 LEAVE

Hepburn Springs Retreat, 27-29 NOV

