

# Yogalates Tallows Beach Retreat

**Yogalates Holistic Indulgence retreats 2010;**

**February 13<sup>th</sup> to 17<sup>th</sup> 2010**

**4 nights 5 day stay**

Explore natural living and “detox” at the Tallows Beach Houses, situated on one of the world renowned beaches in Byron Bay on Australia’s East Coast.

## **Your retreat**

Byron Bay is also known as the yogini capital of the world - a centre for spiritual strength and healing – where the ancient philosophies of the east fuse with the modern day practices of the west. It’s a perfect setting to relax, renew & revitalise mind, body & spirit. Awaken to the golden light of the sun across the silky waters of the ocean, indulge in the freshness of the ocean breezes and detox with each breath. It is a place where nature nurtures the soul; crystal clear ocean, golden sands; a haven where we connect with our inner selves and retreat!!

## **Meditation**

Indulge in the peace, ambience, embody the beauty & natural living that the tallow beach houses offer. Take a meditative walk along the sands to explore the beauty of The Broken Head National Park; observe the natural setting of the stunning tea tree lake along the way and absorb the serene colours of the sunset.

The meditation section will further enhance the mind body connection with a program designed to get you comfortable then lead you into a meditation practice that you can build on at home.

“Scientists study it. Doctors recommend it. The corporate world now uses it. Millions and Millions of people – practice it everyday. Why? Because meditation works!!!!!!!”  
*Time magazine October 2003*

## **Facilitators**

Just as the golden sands merge with the crystal blue of the sea; Yogalates/Yoga and Pilates fuses together the best of two worlds; the spiritual moves of Yoga and the strengthening elements of Pilates. A revolutionary technique developed by Louise Solomon a leader in health and fitness; the retreat will be hosted by Louise Solomon and Facilitators; all facilitators are highly qualified and are accredited tutors who train students of the Yoga Pilates training academy to be teachers in Yogalates; [Click here for more info on facilitators;](#)

Enlighten your Yoga; refine the postures by aligning your spine and nervous system incorporating core stability and functional alignment maximising the benefits of your practice.

Deepen your Pilates practice by embracing the spiritual moves of yoga and explore the many benefits that the healing quality's of the deeper practises of yoga offer; breath and relaxation techniques and fine tune your nervous system.

### Special needs

It has always been an underpinning principle of the Yoyalates Method that we match the practice to the client rather than trying to mould every client to fit the one practice. Creating an intelligent mind body experience and fusion; Special needs are catered for!

### What is Yoyalates?

The Solomon Yoyalates™ Method is an internationally recognised and an award winning exercise system which has been developed over the past 16 years by Louise Solomon a leader in health and fitness.

The system fuses the best practice of ancient yogic practice with the core stabilizing, functional and regenerative dynamics of Pilates to strengthen, tone, increase flexibility and enhance good posture focusing on breath awareness to rebalance the nervous system and relieve stress, calming the mind and detoxifying the body. It's a system that focuses on the anatomy of biomechanics the function and stability aspects of movement to enhance a safe practice and working environment; the method utilises the classic yoga equipment along with physio resistant bands and free weights are all fused into the classes

### Retreat Cuisine

Nurture your body from the inside with our organic menu; wholefood that is eaten as close as possible to its natural state, without unnecessary processing or refining. Indulge in wholesome vegetarian, nutrient dense cuisine/menus; supporting the foundations of healthy food and eating; valuing food that is real to heal – nourish the body and delight the senses.

### Retreat Inclusive costs

Single room; \$1925.00

Twin share; \$1525.00

Deluxe Spa package (please see below); \$325.00

### Retreat includes

ॐ Twice daily Yoyalates classes

ॐ Pranayama Meditation class daily

- ॐ Organic meals and juices daily, breakfast, lunch & dinner
- ॐ An award winning Yogalates DVD
- ॐ A complimentary Remedial 1 hr Massage
- ॐ A complimentary tour Byron's most famous landmark; The Lighthouse with 360 views from the most easterly point of Australia
- ॐ Special needs are catered for classes and food allergies
- ॐ **Things to explore:** nature and ocean walks, ocean swims, tennis, sauna

### Daily Schedule (subject to small changes)

Pranayama Meditation Class	7-8.00am
Breakfast	8.30 – 9.30am
Yogalates Class	10-12pm
Lunch	12.30 – 1.30pm
Free time (spa package, massages, personal sessions, retreat and read, etc)	1.30-5pm
Restorative stretch, relax & detox class	5-6pm
Dinner	6.30 - 7.30pm
Personal meditation practise	

### Deluxe Spa Package optional extra

Cycle through the rainforest to the renowned Byron @ Byron Spa and wellness centre; enjoy an afternoon of complete 'Natural Luxury'. Indulge your body in the treatments then dip and lie around the plunge pools and be pampered in an all exclusive holistic experience. The package includes your choice of a facial **and** a body wrap see below

#### Timeless facial treatments; chose between a

**Energising facial 1 hr;** using plant-based products, this customized facial is designed to restore healthy skin and will complement your ongoing skin care regime.

**Ultra Facial 1hr;** this results-oriented facial employs the latest research in skin physiology. Using the vitamin enriched products of Environ Skin care; the ultra Facial promotes healthy normalised skin and is ideal for all skin types.

#### Body Wraps; chose between a

**Salt Glow and Vichy Shower 50min;** commencing with a full-body salt glow exfoliation with marine and mineral salts blended with essential oils, the slats are then washed away under our stimulating and revitalising Vichy Shower, hand crafted from recycled timbers. Relax and enjoy seven powerful streams of water pummelling away at your body. Your skin is left glowing with this ultimate hydro-therapy treatment.

**De-stress aromatherapy Cocoon 1hr;** applied warm, this hydrating body wrap is for dry or sun damaged skin. While your body is being rejuvenated, aromatic herbs within the wrap act to calm the mind.

**Moor Mud wrap 1hr;** the therapeutic qualities of moor mud have been acknowledged for thousands of years. This wrap relieves muscular tension, aches, cramps and athletic pain. It also assists in relieving rheumatism and arthritis.

### **Naturopathic consultation optional extra**

Naturopathy seeks to develop the foundation of wellness. Our qualified practitioners are to support that very foundation. Your wellbeing can be enhanced with dietary, homeopathic And/or herbal supplementation and lifestyle therapies

### **Private Consultation with Louise Solomon optional extra**

for a Postural Assessment and Corrective Exercise Plan. 1.5 hours

### **Private Consultation with Facilitator optional extra**

Refine your Asana practice (Yoga postures)

## **Your Accommodation**

‘Where the beach and the bush come together on the edge of the National Park’.

Stay in a secluded two bedroom, 1 bathroom house (twin or single room options). All rooms are air conditioned, fully equipped kitchen, balcony to retreat and read or relax and soak up the ambience. Situated on a private 30 acre sanctuary with 630 metres of beachfront; halfway between the lighthouse and Broken Head, 7 minutes by car or 6 minutes by the paved cycle way that adjoins the property into Byron CBD.

Your own private beach side tennis court; un-crowded waves, and a lake complete the scene.

## **Arrival and Departure times**

The Retreat check-in time is at 2pm Saturday afternoon.

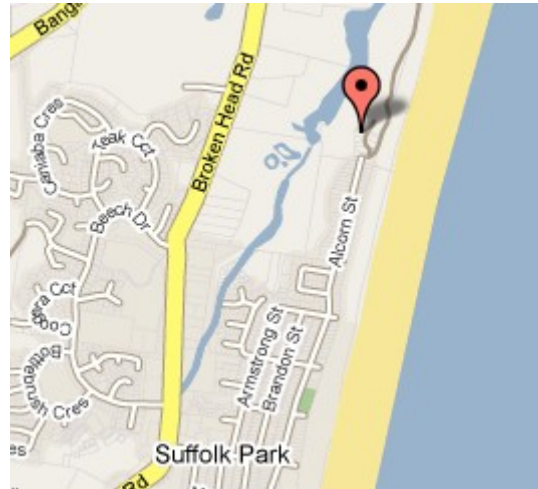
This will allow you time to settle into your room, relax & enjoy the natural surrounds that Tallows Beach has to offer.

At 4.30-6.30pm we will meet in the Yoga room for Introductions and a Yoyalates class before a holistic vegetarian dinner

The Retreat check-out time is 10am Wednesday morning after a healthy breakfast and morning Yoyalates class to see you on your way.

## How To Get There

Tallow Beach houses are situated 10 mins south of Byron at the end of Alcorn St, Suffolk Park.



Arriving in Byron bay

Coolangatta Airport is 45mins north of Byron (shuttle bus available \$55 - \$65 or regular buses for less) or Ballina Airport which is 20 mins \$30-\$40 taxi and shuttles are available from Airport into Byron daily.

Brisbane international airport is the nearest international airport to Byron. Information and bookings for buses or shuttle from Brisbane to Byron Bay can be made at [www.mccaffertys.com.au](http://www.mccaffertys.com.au) or [www.kirklands.com.au](http://www.kirklands.com.au) or shuttle [www.byronbayshuttle.com.au](http://www.byronbayshuttle.com.au). Ask for a direct service from Brisbane to your door.

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