

AUSTRALIAN  
YOGA ACADEMY

## 5-DAY WINTER YOGA HOLIDAY IN BEAUTIFUL BYRON BAY!



*Hosted by our senior yoga teachers, Wendy Praud & Beata Heymann.*

**Check in:** From 2:30pm Tuesday 9th August 2022 (first yoga class will be at 4:30pm so please try to arrive before then).

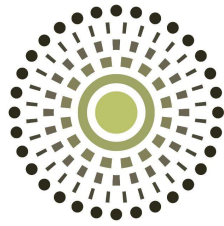
**Check out:** 12pm Sunday 14th August 2022

**Where:** Tallows Beach Houses - Byron Bay <https://www.tallowbeachhouses.com.au/>

**Address:** 2 Alcorn St, Suffolk Park NSW 2481

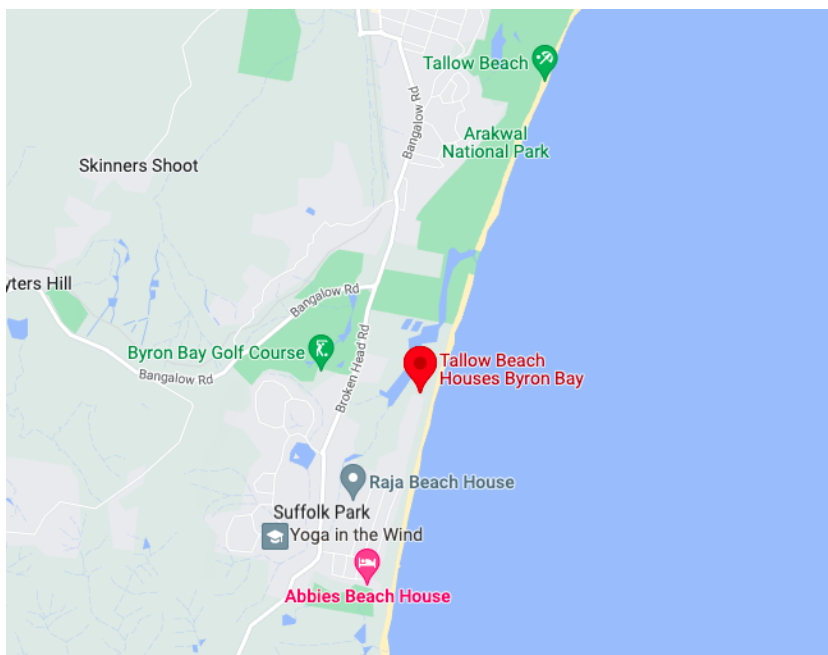
### **About Tallows Beach House**

The Tallows Beach House property is set on a secluded 30 acre, natural wildlife sanctuary with the stunning Tallows Beach just 60 metres from your back door! There is 630 metres of beachfront, from the iconic Byron Bay Lighthouse and the surfing haven of Broken Head, for you to explore the unique Tallow Beach ecosystem, just outside of Byron Bay.



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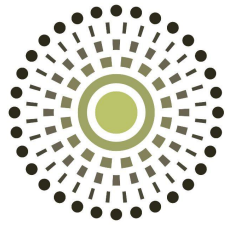
**Map:** <https://www.google.com/maps/place/Tallow+Beach+Houses+Byron+Bay/@-28.6774082,153.6164703,15z/data=!4m8!3m7!1s0x0:0xc18ccc22e85e1!5m2!4m1!1i2!8m2!3d-28.6774051!4d153.6164715>



### **What You Can Expect on Your Yoga Holiday?**

This Yoga Holiday will allow you the time and space to relax as you like in the luscious surrounds of Tallows Beach,

Your days will start at 9am with an intentional yoga practice led by Wendy and Beata. Following the most delicious organic, vegetarian brunch, you can choose to spend your day immersed in nature, going for walks in the forest or on the beach, and you are close enough to Byron's restaurants, cafes, shopping and spas if you prefer a leisurely walk into town. If you feel like staying on site you can take a brisk dip in the ocean, meditate in the yoga shala or read a book on the verandah.



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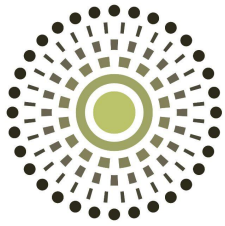
The afternoon yoga class is a Yin practice with deep stretches, meditation and sound healing - the best way to end the day before our personal chef prepares us dinner.

### **What's included in your stay?**

- 5 x nights accommodation of your choice in a single, private room or shared, twin-share room (please see below for pricing)
- All rooms are either private bathroom or ensuite
- Brunch, chai and bliss balls at afternoon tea, dinner and dessert every day
- Cacao and tea ceremony
- Fresh fruit, a range of teas, coffee and a range of milk available all day
- 2 x yoga classes per day
- Other events as advertisement by Wendy and Beata
- Yoga mats and straps will be provided (but you may bring your own equipment, including a bolster and block, if you prefer)
- There is an on-site massage therapist available for booking at an extra cost.

### **Accommodation Options & Fees**

We are pleased to be able to offer you two accommodation options during your stay with us. Bedding configuration can be 2 x single beds or 1 x king bed. Please help us and indicate your requirements on the Guest Information Form.



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### **PRIVATE BEDROOM + ENSUITE BATHROOM**

We only have three, private single rooms available, so please don't delay if this is your ultimate choice. Private rooms with ensuite bathrooms are available in a two bedroom or three bedroom house on the property, all with private or ensuite bathrooms.

**Early bird price by 9th May is \$2250 per person, single, private room with ensuite (50% or \$1125 is required upon booking and the remaining \$1150 required by 9th May).**

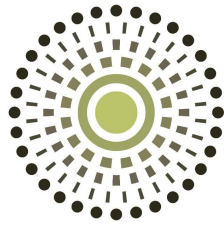
**Full price from 10th May is \$2550 per person, single, private room with ensuite (payment in full is required for bookings made from 10th May).**

### **SHARED BEDROOM + ENSUITE OR PRIVATE BATHROOM**

For those of you travelling with your partner, a friend or family member, you can book a twin-share bedroom with an ensuite or private bathroom. Please indicate your room mate's name on the Guest Information Form. If you are travelling solo, we can pair you with another solo traveller who is appropriate for you. Twin-share rooms are available in a two bedroom or three bedroom house on the property.

**Early bird price by 9th May is \$1950 per person, twin-share with ensuite or private bathroom (50% or \$975 is required upon booking and the remaining \$975 is required by 9th May).**

**Full price from 10th May is \$2250 per person, twin-share with ensuite or private bathroom (payment in full is required for bookings made from 10th May).**



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### **What will a daily schedule look like?**

Arrival day and departure day will have a different schedule, but otherwise your daily your schedule will look like this:

9am-10:30am - Morning Practice (Yang Yoga: Flow, Meditation, Breathwork)

11am-12pm - Brunch

12pm-3:30pm - Free time to rest, explore, have a massage, meditate or connect with others or your divine surrounds.

3:30pm-4pm - Chai & Bliss balls for afternoon tea

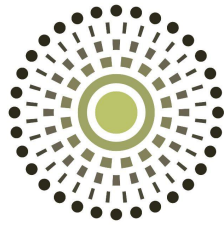
4:30pm-6pm - Afternoon Practice (Yin Yoga: Yin, Meditation, Sound Healing)

6:30pm-7:30pm - Dinner & Dessert

### **Who is our Chef?**

We are delighted to have Alex Klein from RUSTIC RISHI nourishing us with his gourmet, organic, vegetarian cuisines. Read more about Alex here: <https://rusticrishi.com.au/>

Alex will be able to cater for vegan, dairy-free and gluten-free diary requirements. Please note these on the Guest Information Form.



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## Our Roots

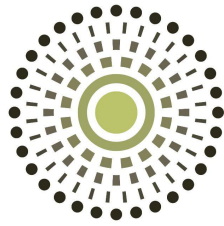
Alex Klein is a devoted plant-based cook with an intention to educate and inspire people to reclaim their kitchen and their health using simple holistic practices and principles. An advocate for cooking with love, Alex is passionate about restoring our connection to the food we eat by sharing ways to gain a greater understanding of how to nourish the body. He will empower you to rediscover your innate well-being by sharing his philosophy that if we can change the way we eat, we can experience greater health and happiness. To help you discover and embody a more nourishing approach to food, Alex runs regular community cooking classes and workshops as well as catering for retreats and events.



## Cancellation Policy & COVID-19 Information

Please understand that AYA has to pay all accommodation and catering costs, which are non-refundable, many months before this Yoga Holiday occurs. As a result, we ask your help with these cancellation policies.

- If you need to cancel your Yoga Holiday booking before the Early Bird closes on 9th May, your fees will be refunded, less a \$250 administration fee, per person.
- If you need to cancel your Yoga Holiday booking after the Early Bird closes for any reason, even if you test positive for Covid-19 or need to isolate because you are a close contact, you will forfeit 100% of your fees. As a result, we recommend that you have the necessary travel insurance to cover any losses.
- If you are no longer able to attend the Yoga Holiday, you may reallocate your place to another person provided that they are willing to take your place in the original accommodation preference that you have booked. For example, if you have booked a private, single room, the person accepting your place must take the same private, single



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room. If we can offer a different accommodation option we will advise if this is possible, depending on bookings received at that time.

- If our Yoga Holiday has to be cancelled because of a Government enforced lockdown or if travel restrictions are in place due to the Covid-19 pandemic or if the Tallows Beach Houses are closed because of Covid-19 cases affecting staffing, you will be refunded all fees paid to AYA, less \$30 per person. In the event that our booking is cancelled as a result of Covid, AYA will not receive our deposit back, therefore, we are reserving \$30 per person as a contribution towards this charge.

### **Are You Ready to Book Your Yoga Holiday?**

Hooray!

Please book your place with us here:

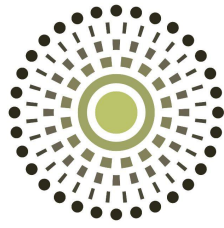
<https://australianyogaacademy.com/special-events/workshops/>

If you have any questions please contact Wendy Praud at [wendy@australianyogaacademy.com](mailto:wendy@australianyogaacademy.com) or on 0404 918 511.

Thank you for wanting to join us for this very special, yoga holiday experience. We hope you love it!

With love and kindness,

Wendy & Beata xox



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## Frequently Asked Questions

**What is the easiest way to get to Tallows Beach House for my Yoga Holiday?**

Fly to Ballina airport and either hire a car or catch an Uber/Taxi from Ballina to Tallows Beach House.

**I've never been to Byron Bay. Can you give tips on where to go and what to do?**

Yes! If you would like some tips please get in touch via email and we will happily share our favourite restaurants, beaches, hikes and massage therapists!

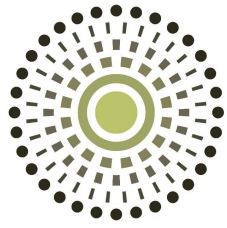
**My partner wants to join me but he/she doesn't have much yoga experience. Will this Yoga Holiday be suitable?**

Yes, we ensure to meet every participant at their level. We are welcoming, inclusive and have 15 years of combined experience in accommodating our students' unique needs.

**I want to attend with my daughter/son. What is the minimum age?**

Our suggestion would be 16 years old as a minimum age to attend. There are exceptions to this as we understand every child is different. If your child has practised yoga before and is self motivated to attend this yoga holiday, your application will be considered.





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### **What if I have an injury?**

Almost all injuries can be accommodated and supported. Yoga is an inclusive practice and there will always be some way to move your body that will be of benefit to you. We're here to help you find a way to modify and create a practice that supports you. Please complete the section on the Guest Information form outlining any issues that we need to be aware of.

### **Can you cater for my dietary requirements?**

Yes! All meals are vegetarian, and the team can accommodate for Vegan, Gluten Free, Dairy Free, and any other allergies or intolerances. Please note 'preferences' are unable to be accommodated.

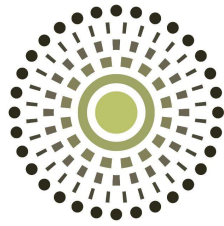
### **Do I need to bring my Yoga mat and props?**

Please bring your own block and bolster if you would like to. Feel free to bring your own mat but yoga mats and straps will be supplied.

### **What if I test positive to Covid-19 whilst I am on retreat?**

Should this occur, we will follow the appropriate health guidelines available to us at the time.

AYA is not responsible for any costs incurred by you as a result of testing positive should you need to isolate away from the retreat or because you are unable to fly home when you were scheduled. It is highly recommended that you have the necessary travel insurance to cover any such losses.



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### **Are there any Yoga Holiday rules?**

Please help us to all enjoy our Yoga Holiday by following these rules:

- No loud music or parties
- No alcohol or smoking on the property
- Try to keep mobile phone calls to a minimum and be quiet when talking on the phone. Be respectful of others and take your conversation outside if you can
- No watching TV with the sound on before 7am or after 9pm
- Respect the property that we are visiting and take care of your surrounds
- Be on time to all yoga practices and events
- Follow any other guidelines or requests asked of you by your hosts, Wendy and Beata.