

# Yin Yoga & Pranayama AUTUMN RETREAT Phillip Island

May 28-31 2024

with Dr Karina Smith &  
Dominique Salerno



## INFORMATION PACK

### YIN & PRANAYAMA RETREAT AUTUMN 2024

Dear Friends,

Thank you for your interest in this offering. We are so thrilled at the prospect of connecting with you to share 3 days and 3 nights of Yoga & Pranayama, nourishing food, and great company.

The bridge to the yin half of the year is a special time. As the weather grows cooler, our subtle energy descends and contracts.

Our focus is summoned inwards to nourish us over winter, bolstering our 'roots' to create a sturdy inner foundation in preparation for spring and the beginning of a new cycle.

Each seasonal interchange is sacred and offers opportunities to pause, reflect and cleanse our pranic palate.

Karina and Dominique are thrilled to be hosting another Autumn retreat, bringing together their skills and experience in Yin Yoga and Pranayama to create an incredibly special Yoga immersion. A mid-week escape to stunning Phillip Island.

Join us for daily Slow Flow, Pranayama and Yin Yoga in our stunning Shala warmed by great company and a central fireplace, overlooking the ocean and green rolling hills.

Nourish your body with delicious vegetarian, gluten free, dairy free and low sugar meals prepared with love, on site by our talented chef, Ash.

Immerse yourself in the beauty and rugged nature of Phillip Islands beaches, National Parks, and Reserves. Enjoy spending time journaling or meditating in the lush gardens with breathtaking ocean views.

Take time out to connect with kindred souls. Rest, reset and nurture body, mind and spirit. Meet the season well.

## RETREAT DETAILS

**DATES:** May 28-31, 2024

**VENUE:** Island Bay Ranch, 100 Churchill Rd, Phillip Island Victoria

## ACCOMMODATION OVERVIEW

This retreat we are excited to be offering a luxurious all-inclusive package with accommodation at the stunning Island Bay Ranch, Phillip Island.

The Ranch is situated on 5 acres within a 160-acre rural property. Situated on more than a kilometre of waterfront, it boasts spectacular views across Western Port Bay and Churchill Cove Marine Park.



## FACILITIES ISLAND BAY RANCH

The ranch accommodation is grouped around a large central solar heated pool with waterfall and heated spa, set amongst sprawling landscaped native gardens with views over Western Port Bay and Churchill Marine Park.

The property is incredibly serene with plenty of nooks to rest, reflect read or just take in the views and fresh air.

The multiple entertainment areas include large open fireplaces, commercial kitchen, dining room, billiard and table tennis tables, darts, and Smart TV.

Free WiFi is provided, and each cabin has a small kitchenette with Tea and Coffee making facilities, fridge, lounge, and Smart TV.

[Take a video tour of Island Bay Ranch HERE!](#)

## ACCOMODATION ISLAND BAY RANCH



The boutique accommodation at Island Bay Ranch consists of 6 contemporary, newly refurbished, log style cabins. Each cabin is air conditioned and contains ensuite bathroom and varying configurations of Queen and Single beds.

[Take a closer look at the ACCOMODATION OPTIONS AND VIEW PHOTO GALLERY HERE!](#)

## RETREAT PACKAGES INCLUDE

3 nights and 3 days.

All professionally prepared, vegetarian meals and snacks.

Daily Slow Flow Yoga, Pranayama, Yin Yoga, Satsang and evening practices.

On site cabin stay with ensuite.

Access to heated jacuzzi and pool.

Communal Firepit.

5 Acres of lush, manicured grounds and native gardens.

Tennis Court.

Recreational common room.

Many picturesque nooks indoors and out to read, reflect and take in the autumnal landscape.

## PROGRAM DOES NOT INCLUDE PROPS

### PLEASE BYO

Yoga mat

2 x blocks

Bolster

Blanket or shawl

Eye bag, (optional)

## FOOD

You will enjoy professionally prepared, Mediterranean inspired, vegetarian meals.

(Gluten and Dairy Free, low sugar, Mediterranean inspired).

**\*\*PLEASE NOTIFY US ANY OTHER SPECIFIC DIETARY REQUIREMENTS YOU MIGHT HAVE UPON REGISTRATION\*\***

## ACCOMODATION DETAILS

### PACKAGE OPTIONS

The Island Bay Ranch boasts 5 modern cabins, with multiple rates and sleeping configurations.

Most cabins sleep 3, with 1 QB and a separate twin share bedroom with 2 SB, sharing an ensuite.

One cabin has capacity for TRIPLE SHARE and a QB, sharing an ensuite.

There is 1 PREMIUM PRIVATE SEPARATE HOMESTEAD. With 2 private rooms with QBs, shared ensuite, kitchen and separate living. Stunning views. A luxurious option with ultimate privacy.

Choose from the following:

Queen Bed Cabin Share, (3 people in cabin), \$1,050

Queen Bed Cabin Share, (4 people in cabin), \$1,000

Twin Share Cabin Share, (3 people in cabin), \$890

Triple Share Cabin Share, (4 people in cabin), \$790

Deluxe Separate Cottage, (2 people in cottage), \$1,500

### [VIEW THE CABINS OR TAKE A VIRTUAL TOUR OF THE PROPERTY](#)

Karina and Dominique want to keep this retreat intimate and provide the highest quality experience for those wanting attend. Accordingly, places are limited.

TO SECURE YOUR PLACE:

50% Deposit payable on booking, balance required by 15<sup>th</sup> March 2024.

TO BOOK YOUR PLACE:

Please contact Karina by email: [karinasmith@karinasmith.com.au](mailto:karinasmith@karinasmith.com.au)

PLEASE CONSIDER YOUR BOOKING CAREFULLY:

Refunds are not available.

However, booking transfers can be discussed.

## RETREAT PROGRAM

### DAY 1.

3 - 4pm	ARRIVAL & CHECK IN: from 4pm enjoy a warm welcome, light refreshments, and settle in.
5:00pm	GENTLE MOVEMENT & WELCOME CIRCLE
6:30 - 7:30pm	DINNER
7:45pm – 8:15pm	Power down with a guided practice before bed.

### DAYS 2.

6:45am – 7am	SHALA OPEN FOR OPTIONAL SELF GUIDED MEDITATION, SUNRISE VIEWING, KRIYAS
7:00am – 8:30am	MORNING SLOW FLOW & PRANAYAMA PRACTICE
8:30am – 9:30am	BREAKFAST
9:30am – 12pm	MID MORNING REST & REFLECT
12pm – 1pm	LUNCH
1pm – 3pm	AFTERNOON REST & REFLECT
3pm – 4pm	AFTERNOON SATSANG
4pm – 5:30pm	YIN YOGA
6pm – 7pm	DINNER
7:30pm – 8:30pm	EVENING PRACTICE – SOUND BATH

### DAY 3.

6:45am – 7am	SHALA OPEN FOR OPTIONAL SELF GUIDED MEDITATION, SUNRISE VIEWING, KRIYAS
7:00am – 8:30am	MORNING SLOW FLOW & PRANAYAMA PRACTICE
8:30am – 9:30am	BREAKFAST
9:30am – 12pm	MID MORNING REST & REFLECT
12pm – 1pm	LUNCH
1pm – 2:30pm	AFTERNOON REST & REFLECT
2:30pm – 3:30pm	AFTERNOON SATSANG
3:30pm – 5:30pm	SPECIAL YIN, PIN & PRANAYAMA
6pm – 7pm	DINNER
7:30pm – 8:15pm	EVENING PRACTICES – PRANAYAMA & MEDITATION

### DAY 4.

6:45am – 7am	SHALA OPEN FOR OPTIONAL SELF GUIDED MEDITATION, SUNRISE VIEWING, KRIYAS
7:00am – 8:00am	MORNING SLOW FLOW & PRANAYAMA PRACTICE
8:00am – 8:30am	CLOSING CIRCLE
8:30am – 9:00am	BREAKFAST
10am	CHECKOUT FAREWELL



## TO REGISTER

[Please email Karina info@karinasmith.com](mailto:info@karinasmith.com)

Bookings and Payments to be made by MARCH 15<sup>th</sup>, 2024

SPACES STRICTLY LIMITED  
BOOK IN ADVANCE TO AVOID DISSAPOINTMENT

Of course, if you have any questions or wish to discuss any aspects of this offering, please don't hesitate to contact us:

DOMINIQUE: 0402 298 199  
KARINA: 0423 525 483

Thankyou.

We look forward to connecting with you soon to share this nourishing experience.



Namaste,

Karina & Dominique