



## NAMASTE,

Thank you for your enquiry about our upcoming Autumn Yoga Retreat, May 20-23, 2024, on stunning Phillip Island.

Our previous retreats have been amazing, thanks to our stunning accommodation, delicious food and great company. Our sincere thanks to those of you who were able to join us on our prior retreats, your energy made these offerings even more special.

Greg, Tracy & Dominique are excited to team up again to offer our fifth seasonal retreat here on our magical island homeland.

***This retreat is a fully inclusive package with accommodation at the stunning Island Bay Ranch and nourishing vegetarian meals provided.***

***We will have the entire Ranch to ourselves for the duration of the retreat. Island Bay Ranch is located at 100 Churchill Road, Newhaven.***

The package includes daily Ashtanga practice, pranayama as well as evening practices and workshops on Ayurvedic Lifestyle and Yogic practices for Autumn.

This retreat will offer you the opportunity to immerse yourself in the incredible nature here with nature expeditions, hikes, beach walks or private surfing lessons available upon request.

We can't wait to share this experience with you.

Following is all the relevant information, links, and details on how to register.

As always, please don't hesitate to reach out via email or call Tracy or Dominique if you have any questions.

TRACY COOPER: 0423 946 957  
DOMINIQUE SALERNO: 0402 298 199

# RETREAT INFORMATION

## YOGA, AYURVEDA & PRANAYAMA

Our Ashtanga asana classes will be conducted by Tracy and Greg in the mornings.

They will be taught in a led format or in the traditional Mysore style depending on the dynamics of our group and their requirements.

There will, as always, be plenty of personal attention, hands-on adjustments, and the opportunity to grow your practice on and off the mat.

Dominique Salerno will again offer her wealth of knowledge in the fields of Ayurveda and Pranayama and will guide us through simple but effective pranayama each day and will be offering Ayurvedic and Yoga lifestyle workshops and evening practices to punctuate the end of each day.

These will be tailored specifically to the season with a focus of yogic and Ayurvedic lifestyle principles and practices to help you meet Autumn well.

## ABOUT THE TEACHERS

### *Greg and Tracy Cooper*

Greg and Tracy have practiced the discipline of Ashtanga Yoga now for close to years 30 and taught for 27. Both blessed with the gift of a traditional practise that's always reaping benefits.

Owners of 3 Schools, the last one for 18 years, Ashtanga Yoga Centre of Melbourne in Fitzroy.

Separate experiences have given them insight and knowledge to share with all who are interested in this traditional method.

The practise continues to deepen their understanding in this life. Always a blessing to be in the company of students and teachers alike.

### *Dominique Salerno*

Dominique Salerno is a passionate and inspired yoga practitioner, teacher, and educator. In 2000 she co-founded the Australian Yoga Academy and has spent the last 2 decades providing the highest quality public classes and professional training for Yoga Teachers at a foundation level as well as in specialist subject areas.

Dominique believes that yoga is a tool for navigating our lives and developing our human potential.

She is a rare individual with the unique ability to communicate the internal benefits of practice, complex theory and technique and timeless spiritual concepts in a practical and down to earth manner.

## ABOUT THE YOGA



The retreat package includes daily led and Mysore style Ashtanga practice, Pranayama as well as afternoon practices and workshops on Ayurvedic Lifestyle and Yogic practices for Autumn.

## EXPLORING THE NATURAL WONDERS OF PHILLIP ISLAND



Phillip Island is blessed with an incredible stretch of surf beach. Summer is an especially beautiful time of the year here and we are pleased to be able to offer retreat participants the opportunity to enjoy private surfing lessons with caring and experienced local guides.

If you are interested in making a booking;

**PLEASE REACH OUT DIRECTLY TO TRACY: 0423 946 957**

## RETREAT ITINERARY

### THURS 20<sup>th</sup> MAY

3-4pm	Arrival, Check In
4-6pm	Opening Circle Meet & Greet Asana Practice & Pranayama Practise
6pm	DINNER
8:00pm – 8:30pm	Rest, Digest & Mingle

### FRI 21<sup>st</sup> MAY

7am	Shala Open for Personal Meditation & Kriyas
7:30am – 9:30am	Ashtanga & Pranayama Practise
9:30am – 10:30am	BREAKFAST
11am – 4:30pm	Explore the Island, Enjoy the Pool and Ranch Grounds & Facilities or Book a Private Surf Lesson
4:30pm – 6pm	Evening Satsang / Ayurvedic Education
6pm – 7pm	DINNER
7pm – 10:00pm	Rest, Digest & Mingle

### SAT 22<sup>nd</sup> MAY

7am	Shala Open for Personal Meditation & Kriyas
7:30am – 9:30am	Ashtanga & Pranayama Practise
9:30am – 10:30am	BREAKFAST
11am – 4:30pm	Explore the Island, Enjoy the Pool and Ranch Grounds & Facilities or Book a Private Surf Lesson
4:30pm – 6pm	Evening Satsang / Ayurvedic Education
6pm – 7pm	DINNER
7pm – 10:00pm	Rest, Digest & Mingle

### SUN 23<sup>rd</sup> MAY

6:00am – 6:30am	Sunrise Kriya and Pranayama
6:30am – 9am	Ashtanga Asana Practise & Closing Circle
9am – 9:45am	BREAKFAST
10am	CHECKOUT



## 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.

There is also a private homestead on the property available for those looking for absolute privacy during the retreat.

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

## **ACCOMMODATION OPTIONS LAYOUTS & PRICING**

### **CABIN 1**

This is a large room that has all beds in it and a separate ensuite.

QB \$700

SB \$600

SB \$600

### **CABIN 2**

This has the Queen in main room and a separate room with 2 singles and a separate ensuite.

QB \$800

SB \$600

SB \$600

### **CABIN 3**

This has a queen bed in the open shared space and a separate room for the other queen bed.

QB \$800

QB \$800

### **CABIN 4**

This has a queen bed in the open shared space and a separate room for the other queen bed.

QB \$800

QB \$800

### **CABIN 5**

This has a queen bed in the open shared space and a separate room for the double at the bottom of a bunk bed.

QB \$800

DB \$800

### **CABIN 6**

This has a queen bed in the open shared space and a separate room for the 2 singles.

QB \$800

SB \$600

SB \$600

### **PRIVATE HOMESTEAD**

This is a separate half house with 2 separate bedrooms, a shared bathroom and a shared lounge room, kitchen, and a large, private deck with beautiful views.

QB \$1000

QB \$1000

**\*\*BOOKINGS FOR COUPLES OR FRIENDS SHARING A QUEEN BED  
If attending as a couple or sharing with a friend, the cost is \$500 per person.**

## OTHER ACCOMMODATION OPTIONS

We can accommodate a maximum of 5 students joining us from outside the retreat.

This opens space for participants who live locally and do not require accommodation to join us for daily practises and meals if they wish.

### INVESTMENT FOR RETREAT PROGRAM WITH OFFSITE ACCOMODATION:

**\$400 (no meals)**

**\$500 (with meals)**

## FOOD

This retreat is all inclusive and features delicious vegetarian meals, prepared on site in the gorgeous commercial kitchen at Island Bay Ranch.

### Meals included:

**DAILY BUFFET BREAKFAST**

**DAILY DINNER**

**CHAI & SNACKS**

**LUNCH IS SELF SERVE AND AVAILABLE DURING THE DAY IN OUR COMMUNAL KITCHEN AND DINING AREA**

**\*\* PLEASE ENSURE THAT YOU NOTIFY US OF ANY SPECIAL DIETARY REQUIREMENT OR ALLERGIES UPON REGISTRATION\*\***

## TO REGISTER

**Please call or email Tracy to book your retreat spot,  
on 0423 946 957 OR [sheoakcooper@gmail.com](mailto:sheoakcooper@gmail.com)**

**Bookings and Payments to be made by 20<sup>th</sup> APRIL 2024**

**SPACES LIMITED BOOK IN ADVANCE TO AVOID DISSAPOINTMENT**

Thankyou.

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

Namaste,

Greg, Tracy & Dominique