

# Relax and Renew Yoga and Meditation Retreat

October 12th -15th 2020



Taking time out is vital to our life, health and longevity.

A few days away to unwind, relax and restore your inner balance.  
Unplug from the pressures of life and daily routine.

Yanada is a beautiful tranquil location just two hours out of Sydney.  
A perfect location to restore, relax and restore body and mind,  
connect more deeply with yourself and nature.



**Your retreat will include:**

All meals and accomodation.

Meditation and Yoga:

2 hr sunrise and sunset yoga and meditation  
energy balancing meridian yoga  
healing, balancing and restoring,  
calming and relaxing  
nourishing mind, body and soul.

Reflection

Enjoy ample time reconnecting with yourself and nature.  
Nourish yourself with rest, yoga, healthy food, nature and time out.  
Medicine for mind and body.

Where:

Yanada is a beautiful six bedroom property set on 38 acres in Darkinjung country,  
nestled between the McDonald River and the Yengo Mountains.  
2km outside the historic village of St Albans and 17 km from Wiseman's Ferry  
and the Hawkesbury River.

The setting is remote and idyllic with complete privacy assured;  
you will unwind as soon as you enter the driveway.

Take a deep breath...

And arrive

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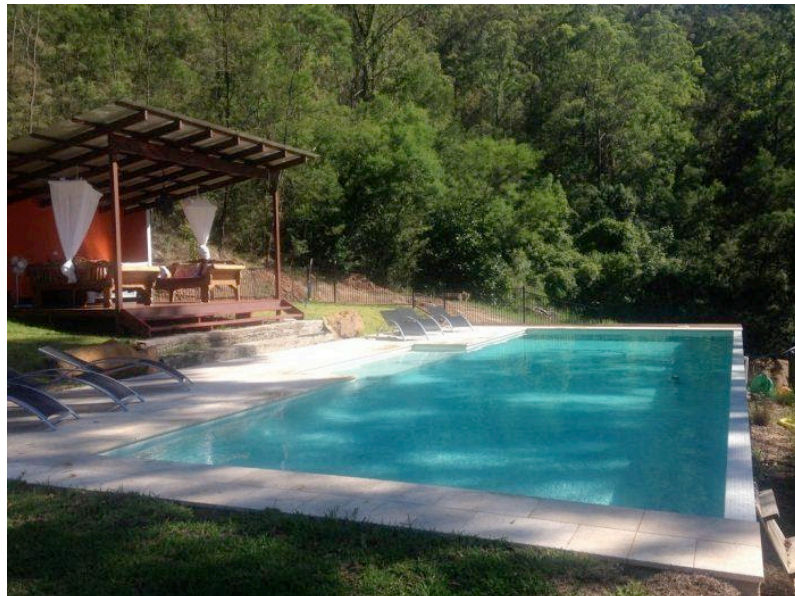




Yanada is a convenient 90 minutes' drive from Sydney CBD, located in the McDonald Valley 2km outside the historic village of St Albans. Adjoining Yengo National Park and are 17 minutes from Wiseman's Ferry and the Hawkesbury River.

This is the southern tip of Darkinjung country with Mount Yengo at its heart.

This place is hidden and remote, known since first European settlement as the Forgotten Valley, yet less than 2 hours' drive from Sydney.



The drive itself is beautiful.

From Sydney, once you leave the M2 and Pennant Hills Road you will follow the original convict built route north from Sydney. The Old North Road takes you along the Dural ridge with stunning Blue Mountain views, through Marramarra National Park and down into Wiseman's Ferry, set on a picturesque loop in the Hawkesbury river system. Cross the free Webbs Creek vehicular ferry, a 4 min ride, then along the McDonald Valley, with steep sandstone cliffs and the meandering river, to Yanada, just before the National Trust village of St Albans.



### **Accommodation**

There are 5 bedrooms all with 4 shared bathrooms.

### **The Love Room**

can sleep 4 - 5 people (offered at a cheaper rate POA).

'Love' room has an ensuite.

This room can accommodate 5 people



**The Compassion Room** has 2 x singles



**The Wisdom Room** has 2 singles or 1 king bed



**The Peace Room** has 2 singles



**The Harmony Room** has 2 singles



All accommodation will be set up as single beds in twin-share rooms.  
Twin share rooms will be allocated on a first paid , first to choose basis





### **The Food**

Beautiful healthy vegetarian meals are all included;  
first evening, daily breakfast,  
lunch, dinner, last day breakfast.

Fruit and yummy desserts and an extensive tea and coffee selection,  
filtered drinking water.

Yanada uses 90% fresh Organic fruit and vegetables for all meal preparation  
sourced from local producers where possible and an organic supplier in Dural.

Meals are served in a self-serve buffet. Vegan, Gluten Free and Dairy Free special dietary  
requirements can be catered for if requested in advance

### **What is included?**

2 x 2 hr yoga meditation sessions per day

Healthy vegetarian meals

1000 TC Linen

Doonas and blankets

Pillows - but feel free to bring your own.

Towels

Basic toiletries

Meditation and yoga equipment

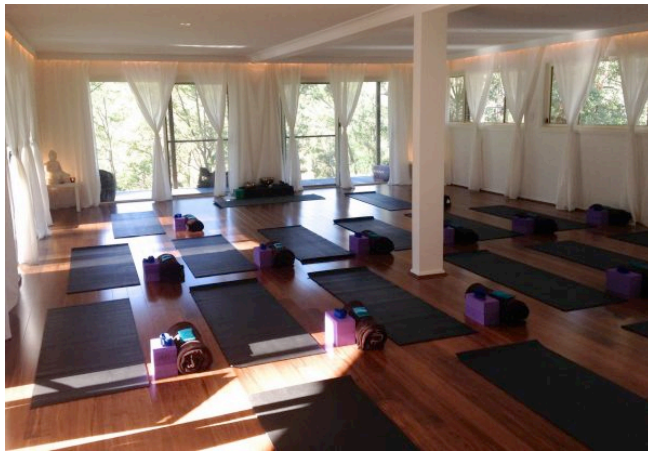
Wifi

I encourage you to take a break from technology as much as possible over the retreat,  
use this time for quietness, to connect yourself and with nature).

All your meals

Fruit

Tea, coffee and filtered water



### **What you will need**

Comfortable clothing for yoga and walking  
(check the weather and bring suitable clothing)

A meditation shawl or blanket.

Toiletries if you would like beyond the offering provided

Ensure to bring closed in shoes suitable for walking

Swimmers and a beach towel if you fancy taking a dip in the pool

A book to read

Chargers for any technology you choose to bring

### **Investment**

The retreat is limited to 12.

Investment for the retreat is 3 nights including all meals and accommodation,  
2hr morning and evening yoga and meditation,  
with access to all facilities at the beautiful Yanada Retreat.

A non-refundable deposit of \$500 per person is required to secure your booking.

Option A - Twin share (Harmony, Peace, Compassion and Wisdom rooms)

Twin share accommodation (allocated on a first paid best dressed basis)

Your investment is \$850 per person in twin share,

Deposit of \$500 upon booking

Balance payable in full August 2020.

Option B - Love room POA to be shared with 4 friends.

### **Car Parking:**

10 outdoor spaces available

**Arrive:** 4pm 12th October

**Depart:** 2pm 15th October





### **Optional extras**

Treat yourself to a Kahuna Massage during your retreat.

Guided 3 or 4hr Bush walks offered by Yananda staff

### **How to get there:**

Do Not Use GPS or Google Maps directions to get to Yanada from the south. Use our directions below and / or do the following:

Put Wiseman's Ferry Town into maps

Then put Yanada into maps

Crossing WEBBS CREEK Ferry is the correct way to get to us from the south.

Any other route, such as using Wiseman's Ferry or Bicentenary Road will take you on dirt roads and potentially add hours to your journey. We are between 90 min and 2 hrs drive from Sydney CBD depending on time of day.

From Airport take M1 General Holmes Drive to City

Take M1 Eastern Distributor, then M1 Harbour Tunnel towards Newcastle

From City cross Harbour Bridge or M1 Harbour Tunnel towards Newcastle

Now stay on motorway towards Epping and M2; DO NOT turn off towards A1 Newcastle

Go through M2 Lane Cove Tunnel

Stay on M2 for 17 km, towards Castle Hill

Take A28 Pennant Hills Road exit. Turn right towards Castle Hill

In 1.2 km take a left turn onto Castle Hill Rd, towards Castle Hill and Koala Park

In 650m turn right at the lights into New Line Road towards Dural

After 6.2km this turn into Old Northern Rd at a roundabout, towards Wiseman's Ferry

Follow this road for 40km all the way to Wiseman's Ferry,

passing through Glenorie and Maroota. After steep hill down into Wiseman's Ferry, turn left towards St Albans and take the Webbs Creek Ferry (Not Wiseman's Ferry) across to St

Albans Road. The Ferry runs 24 hrs a day and takes about 5 mins. After Ferry stay on St Albans Road towards St Albans for 17.6km. Yananda is on the left, soon after the Sae Soon

Conference Centre and 2.5 km before St Albans village.

