



billabong yoga meditation retreat 19th - 26th april 2026

7 day retreat in nature sanctuary
restful and rejuvenating

a replenishing reset
for body heart and mind

reconnecting with yourself
away from the demands of daily life

daily morning practice 2hrs asana pranayama and meditation
afternoon yin restorative practice 2 hrs pranayama and meditation
beautiful organic vegetarian/vegan meals

time to yourself for walks, swimming, reading, relaxing

time to deeply slow down
allowing body mind and heart to completely return
to focus inwardly
returning balance and harmony

45 mins from Sydney

everyone is welcome



to book
book accomodation directly (includes all meals)
contact billabong directly using this link to gwynne jones yoga retreat:

<https://bookings.billabongretreat.com.au/en/product/gwynne-jones-retreat/guests>

retreat yoga course 2 x 2hrs daily
\$800 payment to gwynne directly
enquiries
contact gwynne
0414579446
gwynne@gwynnejonesyoga.com





arrange your spa and sauna treatments directly with billabong

