



billabong yoga meditation retreat 4th - 10th april 2027

7 day retreat in nature sanctuary
restoration and recovery

retreat is an opportunity to take time away from work and responsibilities
time to slow down
and restore healthful balance

the retreat
2 yoga classes each day:
morning seasonal hatha yoga with pranayama and meditation
afternoon yin pranayama meditation

relax and restore yourself in a beautiful nature sanctuary
completely supported by a peaceful environment
yoga healthy nutritious food and time out

a replenishing reset
for body heart and mind
finding deep connection with yourself in nature

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 restore healthful balance and harmony
some peace within yourself

45 mins from Sydney

everyone is welcome

to book

1. book accomodation, including all meals
by contacting billabong retreat directly (02)4573 6080
request "gwynne jones yoga retreat"
2. \$800 payment to gwynne directly
yoga 2 x 2hrs sessions daily
by bank transfer
for bank details contact gwynne
0414 579 446
gwynne@gwynnejonesyoga.com





arrange your spa and sauna treatments directly with billabong

