

Diptipur Retreat



5 ELEMENTS ULTIMATE HEALING RETREAT Fri, 29 Sept - Mon, 2 Oct 23 Nashua, near Byron Bay

Is it time for you to restore your health?
Are you ready to go from stressed to blissed?

Highlights

- Pranayama and meditation
- Morning and evening yoga sessions taught by an Accredited Exercise Physiologist
- Voice Liberation Workshop and Sound Healing
- Learn self-care techniques and enjoy wellness workshops
- Take part in a Cacao ceremony and journaling
- Daily organic chef-prepared meals by Burbury Whole Food Catering
- Immerse yourself in nature and enjoy a truly luxurious retreat setting.

HOST

**Isabel Gordon, BSc(Hons)Adv Dip TCM,
Cabarita Beach Yoga
Phone: 0412 636 950**

**Register here: cabaritabeachyoga.com/book-now-1
(under retreats)**



What's included

- 3 nights accommodation
- All meals provided, unlimited healing herbal teas - Food Is Medicine catering by Burbury Catering
- Yoga classes 5 Elements in the morning and Restorative in the afternoon / evenings
- Daily meditation and pranayama
- Daily hands-on workshops, ZenThai therapies, Emotional Freedom Techniques
- Daily journaling
- Self-care (ancient and modern techniques that you can use at home)
- Time out to reflect and restore
- Sound healing and voice liberation workshop with Kathryn Riding
- Cacao ceremony
- Opening and closing circle

What's not included

- Transport to and from the retreat
- Massage and spa treatments - optional add on must be pre-booked at least two weeks prior
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Cancellation Policy

- A reservation requires a deposit of 25% of the total price
- The deposit is non-refundable, if the booking is cancelled
- The rest of the payment should be paid 30 days before arrival

Accommodation Diptipur

[111 Burnetts Rd](#), Nashua, NSW 2479

- Swimming pool (outdoor)
- Lounge. Yoga shala



The Cabarita Beach Yoga team searched high and low for a space where we could truly connect to ourselves and deeply relax. Diptipur gives you an opportunity to deeply rest and relax in beautiful bedrooms, a bespoke yoga space, and beautiful gardens. It is a place for you to feel at home and look deeper into your core of creativity and contemplation, through reflection, silence, and community.

Wake to the sound of birdsong and mist off the valley. Discover a deep sense of peace and tranquility. Immerse yourself in nature. Reflect, meditate, create.



Food



All meals and unlimited healing herbal teas are provided.

Cooked with love by retreat chefs

The meals are carefully prepared, delicious, nutritious and varied. Incorporating the theme of healing through the 5 Elements of Traditional Chinese Medicine.

Nutritious recipes

The breakfasts may include eggs, oats, chia porridge, fruit or pancakes. Lunch might involve moussaka, curry, nut loaf or miso and dinner can be soup, casserole or curry and meals are always served with a choice of salads and vegetables.

Afternoon tea might be bliss balls or slice. Organic fruit is available throughout the day as is a selection of teas, and filtered water.

Intolerances catered for

If you have a serious food allergy or a dietary restriction then they will do their best to meet your needs, however it might mean that you cannot eat all of the foods all of the time. Please note all of their meals are gluten-free (I am coeliac) and free of refined sugar.

Burbury Catering can easily work with gluten free, vegan, dairy free, sugar free, egg free and nut free* without limiting your choice too much. Burbury Catering has been selected due to their vast experience as retreat chefs.

For more complex needs they offer a personalised discussion with their chef for a one off fee of 50 AUD. Note your choices might be heavily limited.

The following meals & drinks are included:

- Breakfast, Lunch, Dinner, Snacks
- Drinks - Water & Tea

The following dietary requirement(s) are served and/or catered for:

- Vegetarian, Vegan, Organic, Regular
- Whole food, Yogic, Ayurvedic

If you have special dietary requirements it's a good idea to communicate it to the organiser when making a reservation



Schedule:

Day 1 (short day)

1.30-2pm Check-in

2-3.30pm class

3.30-4.30pm afternoon tea

4.30pm Welcome Circle

6pm Dinner

8pm 45-min Yoga Nidra

Day 4 (short day)

6am Wake up Bell

6.30am Yoga Asana

7.45am Ablutions

8am Break your fast

8.30am Noble Silence ends

9am Session 1: Taking it home

10.30am Morning Tea

11.15am Closing ceremony

12pm departure

Day 2 & Day 3

6am Wake up Bell

6.30am Yoga Asana

7.45am Ablutions

8am Break your fast

8.30am Noble Silence ends

9am Session 1: Self-healing techniques

10.30am Morning Tea

11.15am Session 2: Asana Workshop:

Inner Strength

1pm – 2pm Lunch incl. food as therapy chat

2.30pm Afternoon Free time (make the most of time in the pool, journaling, or a siesta)

4pm Restorative & Pranayama – the use of specific props to assist you to deeply nourish your nervous system

6pm Dinner

8pm Noble Silence begins

8pm-9pm Guided Yoga Nidra

9.30pm lights out