

Joy of Yoga

(17 - 25 June 2017) Mission Beach QLD

9 days from \$1,490

(All in, excludes flight)

Yoga Intensive with Anneriek Favelle

About Anneriek

Yoga is a tool to help you understand how wonderful you already are. I like to give you an opportunity to let go of self-judgement and just look at yourself with great appreciation. To facilitate inner growth and a sense of connection. Connecting breath and movement, body and mind, setting your spirit free to find your inner power.

I have been teaching yoga for over 15 years, completed over 1000 hours of training, and am certified in both Ashtanga Vinyasa and Yin yoga. I am a Level 3 Senior Registered Teacher with Yoga Australia.

In my teaching I like to offer classes where you are challenged to find strength and self belief. My focus for both my teaching and my own practice is to bring positive energy to the mat and to practice without judgement.

This 9 day yoga intensive in tropical northern Queensland (Mission Beach) promises to be joyful and challenging, with early morning starts to salute the sun while it rises from the ocean, various types of asana practices (including playful yoga sessions on the beach), chanting, moving meditation, cleansing breath work, delicious food, and plenty of time to enjoy the amazing rainforest, beach, to swim and relax.

Let's take some time to unwind, to let go of your rules, your responsibilities, your worries. Let's be playful and connect to likeminded people while doing the thing you love: **Yoga!** Try out various types of yoga (like flow, yin, acro and supported yoga), integrate yoga philosophy and mindfulness techniques such as pranayama and meditation, connect to nature, deepen your awareness and enhance your happiness and well-being.

Anneriek creates a trusting and open environment to share and explore your experience. Each day typically includes: Early morning pranayama and meditation, 2 asana sessions, philosophy/theory session and other theme related activities.

Live the life that makes your heart beat louder,
The life that sets your bones sweetly on fire,
The life you can't stand not living,
Answer the blossoming calls of your wild soul.

~ Sarah Harvey



This intensive is held at the beautiful **Sanctuary Yoga Retreats** in Queensland, "A haven of tranquility in a setting of breathtaking beauty". With secluded beaches meeting the Great Barrier Reef, unique accommodation, dedicated yoga space, massage and delicious cuisine, Sanctuary Retreat is the unspoilt paradise. Located amidst lush tropical Rainforest, overlooking the Coral Sea, in Bingil Bay, two hours south of Cairns.

For more details <http://sanctuaryyogaretreats.com.au/>

During the **intensive** you'll explore the different aspects of yoga. You see how you can integrate yoga philosophy principles into your practice and life. You'll look at subtle energies and mind-body connection. With a daily pranayama practice you explore the balancing effect breath can have. In the meditation practice you will learn to connect to your mind and let go of thoughts, enhancing feelings of enthusiasm, joy and peace.

Anneriek has an ability to teach challenging practices in a light hearted and joyful way. She'll be guiding you through:

- ▶ Early morning pranayama and (guided) meditation
- ▶ Two yoga asana classes per day (various styles)
- ▶ Yoga philosophy
- ▶ Theme related afternoon/evening activities

The intensive is **suitable for all levels of experience** however some yoga experience is recommended. Participants are asked to open their minds to deepen their yoga practice and to explore new aspects of their yoga journey.

Pricing

- Shared (2 people, 1 double or 2 single beds):
 - Rainforest hut, shared bathroom \$1,490
 - Rainforest hut, own bathroom \$1,590
 - Deluxe cabin \$1,890
- Single:
 - Rainforest hut, shared bathroom \$1,750
 - Rainforest hut, own bathroom \$1,910
 - Deluxe cabin \$2,390

Accommodation details: <http://sanctuaryyogaretreats.com.au/accommodation/>

Prices include: multiple daily yoga sessions, 8 nights accommodation, delicious vegetarian breakfast, lunch and dinner, morning/afternoon tea, access to the pool, beach and the amazing rainforest surrounding the retreat, and transfer from and to Cairns. You just have to get yourself to Cairns.

A non refundable \$200 deposit is required to secure your spot. Payment in full to be made by the 1st of May 2017.

Anneriek Favelle

0439 886 185

anneriek@yoga4you.com.au

www.yoga4you.com.au

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