



Sanctuary Retreat is an accredited Eco-lodge set in the heart of lush tropical rainforest at Mission Beach, N. Queensland.

The Yoga Room

The dedicated yoga space is high-set amongst the surrounding rainforest and perfectly placed away from the rest of the retreat for yoga practice and contemplative meditation.

The room is 85 m² in size, has soft sprung polished timber floors, with long louvered windows and ample wall space. We've found that this space works well with a maximum of 20-25 people practising yoga at one time or with 40 people in seated meditation.

The yoga room is well-equipped with ample blankets, blocks, belts, bolsters and eye bags. We recommend that students bring their own yoga mats, though we do keep a limited supply that we are happy to loan.

Rates - Hire of the space is \$100 per day from 8.00 am until 9 pm but excludes the hours of 10.30 am till 1pm (3.30pm to 5.30 pm on Wednesday) while Sanctuary holds its regular Yoga classes. (It may be possible for Sanctuary to be flexible on hours of exclusion on some days).

Discounts on the tariff of the space relate to the number of students you bring to Sanctuary, if you bring 15 people the yoga room becomes \$75 per day, if you bring more than 30 then the space is free.

Full details of all discounts and commissions at

[www.sanctuaryretreat.com.au/yogaretreats/How to book.pdf](http://www.sanctuaryretreat.com.au/yogaretreats/How%20to%20book.pdf)



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