

Lulu's Iluka Yoga Retreat 2024

Friday, September 6 – Tuesday, September 10, 2024

Woody Head, Bundjalung National Park
73 Woody Head Road, Woody Head, NSW, 2466

Nestled between the rainforest, the river and the beach, Bundjalung National Park offers the perfect environment for Lulu's north coast retreat.

Retreat schedule

Friday, Sept 6: Arrive 4 pm onwards
Asana class 6:00 - 7:00 pm
Dinner 7:30 pm

Sat/Sun/Mon: Pranayama 6:45 – 7:30 am (Lulu)
Light breakfast 7:30 am
Asana class 9:30 am – 12 noon (Lulu)
Lunch 12:30 pm
Restorative 4:00 – 5:30 pm (Kylie Collard))
Dinner 6:30 pm

Tuesday Sept 10: Asana class 6:30 - 8:00 am
Light breakfast 8:30 am
End of retreat 10:00 am

Students will be free to explore the beautiful golden beaches and rainforests during the day. Please note that attendance at all classes is compulsory.

Accommodation

The accommodation is spread across 3 dwellings, the Forest House, the Swamp House & the Bunk House, with 2 - 3 people per room (some bunk beds). Please let Lulu know if you'd like to nominate a room buddy.

Food

The food provided will be vegetarian and gluten-free (a variety of breads, both gluten-free and non-gluten-free will be available to choose from). If you have any other special dietary requirements please advise a minimum of 2 weeks beforehand.

What to bring

- Linen – sheets, pillow cases and blankets (mostly single, king single & bunk beds) – towels (1 bath towel and an extra towel if you feel like swimming at the beach) • Appropriate clothing for a north coast spring (evenings and early mornings may be cool) • Torch
- Raincoat or umbrella
- Yoga equipment (mat, 3 yoga blankets, 2 blocks, belt)

NOTE: Equipment bundles are available to hire for \$15 CASH (includes mat, 3 blankets, 2 blocks, belt).

Please contact Kylie (p: 0458 300 519) 2 weeks prior if you'd like to take advantage of the bundle hire.

Pricing and payment information:

Early Bird price \$1275

Must be paid in full by July 30th, 2024

Full price \$1350

Must be paid in full by August 21st, 2024

A \$600 deposit secures your booking

BALANCE MUST BE FINALIZED BY August 21, 2024

Payment plans are available on request.

Please contact Lulu for details

Please make your deposits to the below account with your name for reference.

Account Name: **Blue Mountains Yoga Studio**

BSB: **062 507**

Account N°: **0012 1695**

Please email confirmation of your payment to

info@bmyogastudio.com.au

NOTE: No refunds, except In the event of a government mandated COVID shutdown of the National Park, in which case a full refund will be issued.

How to get there

Driving: Forest House, Swamp House and Bunk House are located near Woody Head campground in Bundjalung National Park.

To get there:

From the north, take the Iluka Road turnoff, 72km south of Ballina on Pacific Highway. From the south, take Iluka Road turn off, 56km north of Grafton.

Drive along Iluka Road, through Woombah, over the Esk River Bridge for 13km, then follow the signs to Bundjalung National Park and Woody Head Campground.

A parking fee applies: \$8 per vehicle per day or a single park annual pass for \$22, available at <https://pass.nationalparks.nsw.gov.au/pass/selection>
If you're driving, please provide your car rego number to Lulu ASAP. This is required for entry into the national park.

Flying: Virgin flight departs Sydney at 10:50 am, and arrives at Ballina at 12:05 pm on Friday, September 6.

On Tuesday, September 10 there is a Virgin flight departing Ballina at 12:45 pm, arriving Sydney at 2:05 pm.

Please note you will need to organise your own transport from Ballina airport to Woody Head. *Please see below for more.

Travel options Ballina to retreat centre at Woody head:

Car hire from Ballina Airport

Uber from the airport (Approx \$180)

*Please contact Lulu for possible uber or hire car sharing options with other retreat participants from ballina airport.

Any questions, please don't hesitate to call Lulu

- 0405 055 625

- info@bmyogastudio.com.au

Iluka locals can also call Kylie

- 0458 300 519